NEW SURVEY

FOURTEEN AND ALREADY STRESSED OVER GETTING A JOB

metroNEWS

PUBLIC TRANSIT IS HEALTHIER THAN WALKING

metroLIFE

Toronto metro

Your essential daily news | TUESDAY, NOVEMBER 10, 2015

High 10°C/Low 4°C Chance of showers

25 DAYS, 25 SHOTS

and other inspired advent calendars

GETTY IMAGES

A VOTE FOR MYANMAR, FROM TORONTO

metroNEWS

Food swamp T.O.

ACCESS

City abundant with unhealthy options; healthy harder to find

Toronto is more of a swamp than a desert, according to Toronto Public Health.

A food swamp, that is.

The term refers to the over-abundance of unhealthy food like chips and frozen pizzas and less access to food that's better for you, like fresh vegetables.

Toronto Public Health has mapped the entire city to measure access to healthier food within walking distance, and found many neighbourhoods would qualify as swamps, with many more less healthy food stores than healthier ones. Emanuel

"In Toronto there is access to food. The problem is there's access to unhealthy food," said Barbara Emanuel, manager of Toronto Food Strategy at Toronto Public Health.

According to data presented in the updated food strategy — which calculates the ratio of healthier to less healthy food store locations within a 1 km walking distance from each city block — on average there are four less healthy food stores for every healthier food outlet.

The less healthy stores were mainly convenience stores, well stocked with candy bars and processed food, while many supermarkets and specialty stores with fresher options such as butcher shops and fish stores were categorized as healthier.

"The food swamp or the lack of access to healthy food is a much bigger problem than the food desert," Emanuel said.

International authorities have identified food deserts, where households lack access to available food in walking distance. "There are very few places in Toronto that you can get no food in walking distance."

Food swamps are found in both high- and lower-income neighbourhoods throughout the city, and there was no significant correlation between a neighbourhood's income and its score in terms of healthier food access.

For Valerie Tarasuk, a professor of nutritional sciences in the Dalla Lana School of Public Health and faculty of medicine at the University of Toronto who works in food security, other issues like the cost of transit and rent come into play.

"Food insecurity is a very serious problem and it's for sure a very serious problem in Toronto," she said. "Most people that are struggling to put food on the table are struggling because of the tension between their income and their rent."

Tarasuk said she does not know how much proximity says about what people eat and said even at supermarkets that do carry healthy fresh foods, there has been a "creep" of very unhealthy foods such as frozen pizzas, chicken nuggets and fries.

TORSTAR NEWS SERVICE

NEIGHBOURHOOD BY NEIGHBOURHOOD

Morningside
This Scarborough neighbourhood had a very low score in terms of healthy food access and is also a lower-income area.

Brian Cook, who works with the city's food strategy team, said there are a lot of areas in Scarborough with low scores where people can't get healthier food within walking distance.

Lawrence Heights
Lawrence Heights, in North York is another example of a community that was built for cars and now has a different demographic, Cook says.

Such communities result when the city "doesn't think about food."

Regent Park
The downtown Toronto neighbourhood got a large FreshCo supermarket as part of a recent renovation.

The addition of the supermarket boosts the area's score, Cook said.

Supermarkets were classified as "healthier" if they sold a lot of fresh produce or specialized in the sale of any category of Canada's Food Guide. Butcher shops, fish shops and some bakeries also fell into the healthier category, while most convenience stores were classified as less healthy.

Kensington Market
Kensington market, another downtown, more walkable community, scored well in terms of access to healthier food, Cook said.

The methodology of the mapping allowed for some convenience stores, like "mom and pop fruit and vegetable stands", to be categorized as healthier if they sold a lot of fresh produce, he said.

St. James
This area also scored well as there are lots of discount supermarkets nearby offering healthy alternatives.

There are also a lot of low-income people in the area, which the mapping doesn't capture, and that's a limitation. The mapping also does not look at prices.

Leslieville
With its plethora of densely packed food stores, Toronto's Leslieville scored well.

"Those areas that are being a bit more gentrified, they did quite well," said Cook.

Because of its density, many parts of Toronto's downtown did better, Brian Cook added.

But overall, "the food retail environment is dominated by less healthy choices."

SOMETHING THIS GOOD SHOULD NEVER END.

CHEVROLET

CANADA WIDE CLEARANCE

NOW EXTENDED

ALL 2015s ARE PRICED TO MOVE

2015 CRUZE LT

AIR CONDITIONING & AUTOMATIC TRANSMISSION

UP TO **$4,000** TOTAL CASH CREDIT[3] (INCLUDES $1,000 OWNER CASH)

Fully Loaded With The Features You Want:

- 4G LTE WI-FI
- REMOTE STARTER & KEYLESS ENTRY
- 7" MYLINK COLOUR TOUCH RADIO
- BACK-UP CAMERA
- AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- POWER WINDOWS, LOCKS AND MIRRORS
- REMOTE KEYLESS ENTRY
- 10 STANDARD AIRBAGS
- BLUETOOTH®
- LED ACCENT LIGHTS

2015 CRUZE LS 1SA

0% PURCHASE FINANCING FOR **84** MONTHS[1] + **$2,000** IN TOTAL FINANCE CASH[2]

(INCLUDES $1,000 OWNER CASH)

ALL 2015s COME WITH CHEVROLET COMPLETE CARE: **2** YEARS/40,000 KM COMPLIMENTARY OIL CHANGES** / **5** YEARS/160,000 KM POWERTRAIN WARRANTY▲ / **5** YEARS/160,000 KM ROADSIDE ASSISTANCE▲

CHEVROLET

FIND NEW ROADS™ / chevrolet.ca

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. **1** 0% purchase financing offered by GMCL for 84 months on 2015 Chevrolet Cruze LS 1SA. O.A.C by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: $10,000 at 0% APR, monthly payment is $119.05 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly/bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. **2** $2,000 is a combined credit consisting of $1,000 Owner Cash (tax inclusive) and $1,000 manufacturer to dealer finance cash (tax exclusive) for a 2015 Cruze which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **3** $4,000 is a combined total credit consisting of $1,000 Owner Cash (tax inclusive) and a $3,000 manufacturer to dealer cash credit (tax exclusive) for a 2015 Cruze (excluding LS 1SA) which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $3,000 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Cruze LS 1SA. **1/2/3**/***Freight & PDI ($1,600/$1,600), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ΔEPA estimated. ◊Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ††2015 Cruze LTZ, MSRP with freight, PDI & levies: $28,639. Dealers are free to set individual prices. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details.

metro NEWS
Your essential daily news

Canadians split on whether youth appreciate veterans enough: Poll/ Canada

DURHAM

Anti-radiation pills to offer extra safety

If you live in Durham Region or Scarborough, you may have just been mailed a package of pills in a calming sky-blue box.

Those pills are meant to protect you in the event of a nuclear disaster — a disaster that you, living within a sensitive 10-km zone surrounding the Pickering and Darlington Nuclear Generating Stations, would be on the front lines of.

RICHARD LAUTENS/ TORONTO STAR

"A serious nuclear accident is extremely unlikely," says Ontario Power Generation (OPG) spokesman Neal Kelly.

"(But) we worked with Toronto Health and Durham Health and we came up with a plan."

Two-hundred-thousand homes and businesses have received potassium iodide (KI) pills in a $1.5-million OPG-funded project that is being run in conjunction with Durham Region and the City of Toronto. Also known as RadBlock, the pills prevent the thyroid gland from absorbing radioactive iodine, thus reducing the risk of thyroid cancer in the aftermath of a nuclear disaster.

"It's for one thing and one thing only — and that's to reduce the risk of thyroid cancer," says Ken Gorman, Durham Region's director of environmental health.

People who live and work within 50 km of the power plants — the "secondary zones" — are also eligible to order the pills for free from preparetobesafe.ca. For more information on KI pills, or to order them for your home or business, visit preparetobesafe.ca. TORSTAR NEWS SERVICE

DISASTER KIT CHECKLIST

If you live close to one of the GTA's two nuclear power plants, you might want to consider having a disaster kit with the following items:

[ ] a two-day supply of KI pills (four pills for each adult and two for each child)

[ ] canned and dried food for 72 hours (don't forget your can opener)

[ ] six litres of water per person for 72 hours

[ ] flashlight and batteries

[ ] battery or crank-operated radio in the event of a blackout

[ ] weather-specific clothing and blankets (think synthetics and layers)

[ ] first-aid kit and essential medications

[ ] personal items such as cash, keys and identification

Strumming notes of musical healing

COMMUNITY OUTREACH

Documentary chronicles songs of city's homeless

Gilbert Ngabo
Metro | Toronto

They're all over the city. Under bridges, in parking lots, along abandoned rail tracks, inside shelters, along alleyways and on rooftops.

Armed with guitars, pianos or banjos, talented homeless people are filling our streets with spontaneous and wonderful tunes. Some bystanders drop change, others pretend to look away and others take in the spectacle.

One local group decided to turn the talent into a film.

The Lowdown Tracks is an account of Toronto's homeless music talent and the personal stories behind it. It debuted at this year's Hot Docs festival and will be aired Saturday on TVO, launching screenings in cities across the country to support the Canadian Alliance to End Homelessness.

Emmy-award winning filmmaker Shelley Saywell teamed up with Juno award-winning musician and activist Lorraine Segato for the project.

Saywell first started recording people's songs and stories in an effort to highlight the importance of music in their lives.

"These people's stories are deeply touching and deeply tragic," said Segato, who was hooked after she had a homeless relief concert about seven years ago. "Music for them is the only way they survive their many challenging moments."

One of the biggest fears for the people shown in the film, she said, is that everything is being stolen from them. The project helped them record their songs in a studio, allowing them to do something no one will be able to take away, she said.

"With these songs, these people are not invisible anymore," Segato said. "They are, hopefully, no longer just seen as lazy, not willing to work or having mental-health issues."

Saywell, the film's director, said the film illuminates how homeless people have talents that are often ignored. Music for them is the way to communicate with the world and a tool for healing, she said.

"Most people who live on the streets may have many forms of PTSD, and music helps them make a connection," said Saywell.

And if they're busking, that's important too.

"It's something they're offering. They would rather play music than panhandle."

Bruce Bathgate has been in and out of shelters. He likes to play banjo and guitar on the streets. CONTRIBUTED

BACKPACKS

CityPak plans return to Toronto in 2016

A Chicago-based charity that gives backpacks filled with toiletries to homeless people is promising a return to Toronto in 2016. CityPak, working in conjunction with Homeless Collective Toronto, handed out about 700 bags over the weekend. MALLORY CHATE/FOR METRO

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals

FREE CALL 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

Inside the mind of Joey Bats

Now we know what Jose Bautista was thinking when he hit the legendary ALDS-winning home run and flipped his bat. Bautista's penned an essay taking people inside his head at what was one of the very best moments in the last two decades of Blue Jays' history. Titled **Are You Flippin' Kidding Me?**, the essay published Monday by The Players' Tribune challenges some of Bautista's toughest critics and shares his view that emotion should be as much a part of the MLB as it is a part of baseball in the Dominican Republic, his home country. These are snippets from his first-person account. METRO

THE TRIBUNE

Theplayerstribune.com is a media platform that "presents the voices of athletes, bringing fans closer to the games they love than ever before."

It was founded by Derek Jeter.

ON THE HIT

"You blink on contact. Imagine the feeling of watching it land in the seats. How would you feel? What would you do? There was no script. I didn't plan it. It just happened. I flipped my bat."

ON BEING AT THE PLATE

"I was so locked in that all I could see was the pitcher. Everything else was out of focus. It was so loud that it was quiet."

ON THE DOMINICAN REPUBLIC

"We're loud. We're emotional. We're always singing and dancing. We love to laugh and have a good time. It's ingrained in our DNA. And it doesn't change when we're playing baseball. To us, baseball isn't a country club game. It's our national pastime, and it comes packed with emotion."

ON THE CRITICS

"It's true. I'm different. I come from a different baseball culture. But so what? Why does that have to be a bad thing? ... How can you expect everybody to be exactly the same? Act exactly the same? More importantly, why would you want them to?

ON WALKING TO THE PLATE

"It's the closest I have ever felt to being a superhero. I felt like I was Batman, and the villain had the girl dangling off the edge of the building."

ON THE BAT FLIP

"It wasn't out of contempt for the pitcher. It wasn't because I don't respect the unwritten rules of the game. I was caught up in the emotion of the moment."

ON THE PLAYOFFS

"In the ballparks, especially during the playoffs, cities and countries are buzzing with emotion (I see you, Canada)."

"It's the closest I have ever felt to being a superhero.

Jose Bautista

Speed bumps control speed, but the uneven road surface may lead to delays during emergencies. TORSTAR NEWS SERVICE FILE

Calming may get simpler

SAFETY

Traffic options manual might be on the way

Chris Bateman
For Metro | Toronto

Toronto citizens, neighbourhood groups, and city councillors may soon be able to browse traffic calming options from a user-friendly manual rather than trawling through complex documents designed for experts, public works chair Jaye Robinson hopes.

"As of last week we've had 30 pedestrian fatalities in Toronto in 2015 and four cycling deaths," Robinson said. "75 percent of those killed have been over the age of 55. And so the bottom line is we can and must do better."

As part of an ongoing plan to produce a citywide road safety plan, the councillor wants city staff to also assemble an easy-to-understand manual outlining the various traffic calming measures available in Toronto, complete with installation costs, benefits and possible drawbacks.

For example, speed bumps may slow cars, but the road surface may delay emergency services and lead to increased traffic noise, Robinson said.

"People right now have to dig around for information, they have to read complex staff reports to learn about best practices and options," Robinson said. "I want the data to be transparent and accessible to everyone, whether you're a city official or a resident."

Margaret Proctor from Harbord Village Residents' Association welcomed Robinson's idea. She said if such a manual had existed years ago it might have helped the organization realize its traffic calming goals sooner.

"Options are power," she said. "You can have a full discussion rather than trying out one thing and getting that shot down and then trying out another thing."

The public works committee will vote on Robinson's motion Thursday. If it's approved, the manual will be delivered with the city's road safety plan in 2016.

"The bottom line is we can and must do better."
Jaye Robinson

CRIMINAL COURTS

Charges laid in deadly crash

Provincial police say a 73-year-old Quebec man is facing 15 charges arising from a multi-vehicle highway collision last month in Whitby, Ont. that left four people dead.

The collision scene on Oct. 2 on Highway 401 consisted of twenty-one vehicles, including three commercial transport trucks.

Three people were pronounced dead at the scene, and a 10-year-old boy was pronounced dead at hospital two days later.

DECEASED

The deceased have been identified as Carl Laws, 67, and Jacqueline Laws, 63, of Pickering, Ont., and Jesus Alberto Duran-Florez, 12, and Cuauhtemoc Duran-Florez, 10, of Mexico.

The driver of one of the transport trucks — Mohinder Singh Saini of LaSalle, Que. — was arrested Monday and faces four counts of dangerous operation of a motor vehicle causing death, and 11 counts of dangerous operation of a motor vehicle causing bodily harm.

Police say Saini is in custody pending a bail hearing in an Oshawa, Ont., court.
THE CANADIAN PRESS

POLICE

Mississauga death arrest
Peel police have made an arrest in the death of spa owner Ming-Chien Hsin. The 59-year-old's body was found in a vehicle in Mississauga in April, after being reported missing a week earlier. Investigators say a 21 year-old Toronto resident was arrested Monday and charged with first-degree murder. Mark Dookhram is scheduled to appear in a Brampton court on Tuesday. THE CANADIAN PRESS

Are you a Worrier?
Worriers Needed for Research Study!

- Do you spend a lot of time worrying about many different things?
- Does worrying make it hard to enjoy life?
- Do other people say you worry too much?
- Do you find it difficult to control your worrying?

Are you: 18 years or older?

If so, you may be eligible to participate in a research study at Ryerson University. You will be compensated for your participation, if eligible.

For more information please contact: Melina
Worry and Writing Study
Phone: (416) 979-5000 ext. 2188
Email: caplab@psych.ryerson.ca

All queries are confidential. A phone screen (which participants will not be compensated for) is required to determine eligibility.
This study has been approved by the Ryerson University Research Ethics Board

Ryerson University

OUR TRADITION
IS GETTING YOU TO YOURS

Taking you to the Toronto Santa Claus Parade is as much a tradition as Jolly Old St. Nick himself. With our special service on Nov 15, you'll be sure to capture every HO-HO-HO moment.

gotransit.com/holidays
Pour plus de renseignements, veuillez visiter le site **gotransit.com/fetes**

METROLINX

TTC cash fares to go up

TRANSIT

Hike needed to balance budget for improvements

Jessica Smith Cross
Metro | Toronto

TTC riders can all but bank on fares increasing by a quarter or more next year, city councillors on the agency's budget committee said Monday.

It's the only way to bridge a budget gap created by planned service improvements — like opening the subway an hour earlier on Sundays — and available funding from the city and province.

"I think there will be an increase to the cash fare, definitely, I think there might be an increase to other fare mediums, too," TTC Chair Josh Colle said.

Metropass users may be spared the blow. The budget committee approved freezing that price — which has gone up more than $30 in the last five years as adult cash fares have remained at $3 per ride, Colle said.

The TTC commission will vote on the budget committees' recommendations.

"There's no doubt Metropass users are our most loyal customers, and we should reward that," Colle said.

Coun. John Campbell, who voted against the Metropass freeze, said he also believes the move will cause cash fares and tokens to rise in price.

A cash fare increase will hit students hard, University of Toronto Scarborough student Yasmin Rajabi told the board.

While many people can afford a Metropass, having a "lump sum" of money available at the beginning of every month is often too difficult for students, she said.

So, they end up paying cash fares with the change they have at the time.

"Three dollars may not seem a lot to everybody, but I think it's a lot to pay," Rajabi said.

TTC commuter Tristina Chiblow pays her $3 fare Monday the 509 Harbourfront streetcar.
LIZ BEDDALL / METRO

MONEY

Requests to the province

- The budget committee voted Monday to ask that the province direct money that's been saved on the Eglinton-Crosstown LRT to the TTC. Getting that extra money would mean a fare increase could be avoided.
- The committee also approved asking the province for a per-rider subsidy increase that would begin at $1 in 2017 and increase to $1.30. It's currently $0.85.
- Similar request have been made in the past, without success, TTC Chair Josh Colle said.

METRO

ROAD RAGE

Man rides car hood to make his point

In a bizarre incident Monday, Toronto police say a man jumped onto the hood of a moving car after a minor collision and brief altercation near Yonge Street and Briar Hill Avenue.

The man rolled off an unknown distance later and was taken to hospital with minor injuries.

Police tracked down the driver and arrested him near Duplex and Castlefield avenues. He has been charged with assault, dangerous driving and failure to remain at the scene.

Numerous callers reported the incident around 11:15 a.m. Using the information gathered, police believe that the driver of a silver Pontiac Sunfire first rear-ended another car and drove away. The other man then gave chase in his own car for several blocks before getting out and confronting the driver.

At that point the man jumped on top of the Sunfire in an unsuccessful attempt to prevent it from leaving. TORSTAR NEWS SERVICE

NEW
12 HOUR* PAIN RELIEF
New NAPROXEN MotriMAX 12 HOUR LIQUID GELS
Relieves • Pain from Inflammation • Joint, Muscle & Arthritis Pain
*UP TO 12 HOURS
© Johnson & Johnson Inc. 2015
To be sure this product is right for you, always read and follow the label.
SAVE $3.00
OFF THE PURCHASE OF MOTRIMAX™ 12 HOUR PRODUCTS
04396420
TO THE DEALER/RETAILER: McNeil Consumer Healthcare, division of Johnson & Johnson Inc. (McNeil) will reimburse you for the coupon's face value plus our specified handling fee provided your customer redeems it at the time of purchase of any item(s) specified. Limit one coupon per purchase and per person, and may not be combined with any other offer. Other applications may constitute fraud. In Quebec, do not redeem this coupon for your customer. McNeil, in its sole discretion, may refuse reimbursement where it suspects fraudulent redemption has occurred or where applications for reimbursement are received more than one month from the expiry date indicated on the coupon. Failure to send in, on request, evidence that sufficient stock was purchased in the previous 90 days to cover coupons will void coupons. Coupons submitted become McNeil property. Reproduction of this coupon is expressly prohibited. For redemption, mail to: McNeil Consumer Healthcare, division of Johnson & Johnson Inc., P.O. Box 3000, Saint John, N.B. E2L 4L3.
NOT VALID FOR REDEMPTION IN ANY STORE OR PHARMACY IN QUEBEC.
TO THE CUSTOMER/CONSUMER: Provincial Law may require the retailer to charge the applicable tax on the full value of the purchase(s) before the redemption in coupon value. GST, HST, QST and PST are included in face value, where applicable. Coupon is void if reproduced or altered from original. Any other use constitutes fraud. Limit one coupon per purchase and per person, and may not be combined with any other offer. No facsimiles. Offer valid only at participating retailers in Canada excluding Quebec. Available while quantities last. COUPON EXPIRY DATE: December 31, 2015
© Johnson & Johnson Inc. 2015

Honouring forgotten contributions of Sikhs

DIVERSITY

Some joined the war effort before given right to vote

When Pardeep Singh Nagra was a kid in Mississauga, he didn't see Sikh soldiers in his history textbooks.

Now, the 45-year-old is standing in a room where you can read about the first Sikh soldier to win a Victoria Cross (Captain Ishar Singh, 1921), look at propaganda posters extolling the virtues of the mighty Sikh whiskers, and admire row upon row of toy soldiers in turbans.

Nagra is the director of the Sikh Heritage Museum of Canada, and he was still up at 4:30 a.m. Sunday morning, putting the finishing touches on the museum's "Outwhiskered" exhibit for Remembrance Day. The exhibit covers the 1800s to present, with a major focus on the two world wars, highlighting a history that is often forgotten.

Pardeep Singh Nagra stands with a 1944 Picture Post cover at the Sikh Heritage Museum. LUCAS OLENIUK/TORSTAR NEWS SERVICE

"Let me tell you, I'm going to be all over the place, so don't mind me," Nagra says before launching into a whirlwind tour of several centuries of history.

"There is an Indian man in Flanders, but we've never been raised or nurtured here, even in our education systems, with this type of stuff," he says, pausing by a photo of an Indian soldier.

In Canada, 10 Sikh soldiers enlisted for the First World War. None enlisted in the Second World War, fed up with a country that hadn't given them the right to vote, he said. (That would come in 1947.)

More than 65,000 Sikh soldiers fought in the First World War as part of the British Army and over 300,000 Sikhs fought with the Allies in the Second World War. Their reputation as fierce military men was a staple of Allied propaganda and even Kellogg's cereal box inserts.

"They wear beards and a long moustache. And all of them wrap their heads in turbans. The Sikhs ride and shoot well. A great many are in the Imperial forces," reads the back of one Sikh trading card, possibly from the 1940s or 1950s.

At the entrance to the museum, images of Canada's newest Defence Minister Harjit Sajjan line the walls, drawn recently by students at Khalsa Community School in Brampton. One student has given Sajjan the acrostic poem treatment — H for "Helpful to Sikh community," A for "Amazing progression in politics and military," and on from there.

"They're loving him," Nagra says. "These are hot off the press."

TORSTAR NEWS SERVICE

The scene at the Sunnybrook Veterans Centre during a past Remembrance Day observance. CONTRIBUTED

SUNNYBROOK

Flags to cover lawn at veterans' centre

When the sun rises Wednesday at Sunnybrook Veterans Centre, thousands of Canadian flags will cover the lawn.

Each sponsored by a donor and hand-placed on the lawn overnight, the flags serve as a reminder of the debt owed to those living at the facility.

Sunnybrook is hoping to see Operation Raise a Flag reach the 30,000 mark this year — doubling last year's effort.

It costs $25 for one flag, money that goes into the veterans' comfort fund at Sunnybrook, and they're available at raiseaflag.ca.

The flags also help serve as a backdrop for the private Remembrance Day ceremony at the largest veterans' care facility in Canada.

The project is seen as an adjunct to wearing a poppy and attending events, organizers said.

METRO

Helping develop medicines is something we take personally.
So we're inviting you to make a difference.

YOU can help improve the health of patients with obesity.

DETAILS

Male and female adults, 18 to 65 years old.
A body mass index (BMI) of 29 kg/m²—38 kg/m². Check your BMI by visiting our website.
A screening visit, 5-day in-clinic stays, 12 outpatient evaluation sessions, and a follow-up visit.
You will be compensated up to $4150 for your participation.

connect with us.

inc Research www.studies4u.com • 416.640.4004 or 1.866.222.8063 • 720 King Street West, Suite 700

am connected

DOWNLOAD TO WIN DOWNTIME.

GET THE FREE TORONTO STAR TOUCH APP FOR IPAD AND YOU COULD WIN A TRIP FOR TWO.

FIRST DOWNLOAD. THEN ENTER TO WIN.

It's that simple. Just download Toronto Star Touch from the App Store, then swipe, zoom and dig deep through the Star's fully interactive news experience to discover your chance to win a trip for two.

HOW TO ENTER:

1. Download the Toronto Star Touch app for iPad, free on the App Store.
2. Find the daily Transat contest screen in your edition of Toronto Star Touch.
3. Tap to enter for your chance to win.

REMEMBER TO ENTER DAILY FOR MORE CHANCES TO WIN!

THIS WEEK'S PRIZE DESTINATION IS DOMINICAN REPUBLIC

The winner will enjoy a 7-night all-inclusive package for two adults at the Grand Palladium Palace Resort in Punta Cana, Dominican Republic.

GRAND PALLADIUM
PALACE RESORT SPA & CASINO
★ ★ ★ ★ ★

TORONTO STAR TOUCH

transat

No purchase necessary. Skill testing question required. Limit of one (1) entry per person per day. Contest open to residents of the Province of Ontario 18 years of age or older. Six (6) prizes, one (1) per weekly Entry Period, are available to be won, each consisting of a seven (7) night package holiday including airfare from Toronto and hotel accommodation for two (2) adults, as follows: two (2) holidays to Lucea, Jamaica; two (2) holidays to Riviera Maya, Mexico; and two (2) holidays to Punta Cana, Dominican Republic (ARV of $4,000 CDN per prize package). Odds of winning depend on the number of eligible entries received in the applicable weekly Entry Period. Each entry will only be eligible for the draw and prize corresponding to the weekly Entry Period in which such entry was received. Contest Period opens at 9:00 am ET on November 6, 2015 and closes at 9:00 am ET on December 18, 2015. For instructions to enter and complete contest rules, visit www.wonderlist.ca.

Locals hopeful for Myanmar

ELECTION

Country on the brink of loosening military rule

Gilbert Ngabo
Metro | Toronto

Timothy Thu couldn't stop worrying about his family as he waited Monday for final results from the election in Myanmar.

Though thousands of miles away, the prospect of replacing the country's long-tenured military regime with a democratically elected government gives Thu — who left his wife and son in the country more than 10 years ago — great hope for peace.

"I just hope to be able to go back safely and visit them more often," said Thu, one of about 9,000 Burmese people living in the GTA.

Having become a Canadian citizen, he couldn't vote. So, he urged his wife and son to vote for his favourite candidate: Noble Peace Prize winner and long-time freedom fighter Aung San Suu Kyi.

"I'm very sure my wife voted for her," said Thu, vice-president of the Burma Canadian Association. "I think she's the only one who can lead our country to a better future."

Early results from the Sunday polls gave Suu Kyi a big lead, and her party — the National League for Democracy — is largely projected to win in a landslide.

It's no guarantee, however, she'll become president.

The constitution still reserves 25 per cent of parliamentary seats for the military, and members of parliament will later vote for a president and two vice-presidents.

In addition, Suu Kyi's sons are British — as was her late husband — which disqualifies her from presidency, according to the constitution.

Zaw Kyaw, whose immediate family immigrated to Toronto in 1991, said there's hope those rules will be abolished through constitutional amendments.

But, he said, people need to have realistic expectations.

A "full-fledged democracy" won't happen overnight, Kyaw said. "Right now I just hope for peace and stability and end to civil war in the region."

Young faces filled the streets Monday as crowds waited for election results in Myanmar. GETTY IMAGES

IN THE RACE

Suu Kyi's party rivals ex-junta members

A total of 91 parties fielded candidates in the Myanmar election.

But the main rivalry is between opposition leader Aung San Suu Kyi's National League for Democracy and the incumbent Union Solidarity Development Party, largely made up of former junta members. METRO

SAVE $2
Domaine la Gardie
MERLOT
From the Sun drenched vineyards along the French Mediterranean
NOW $8.95
B&G
Barton & Guestier
DEPUIS 1725
Proudly represented by
Charton Hobbs
Effective November 8th to November 28th, 2015

A bold new season of international theatre, dance and performance
Harbourfront centre
World Stage
Tickets on sale now
235 Queens Quay West 416 973 4000 harbourfrontcentre.com

TEACHERS:

Make the Star a part of your teaching toolkit.
Go to *classroomconnection.ca/join*
for details on our new **FREE** teaching resources.

TORONTO STAR CLASSROOM CONNECTION

Crude-oil cleanup continues in U.S.

CANADIAN PACIFIC RAILWAY

Derailed train in Wisconsin keeps dozens of families out

Workers tend to the scene of a train derailment in Watertown, Wis., on Monday. WISCONSIN STATE JOURNAL/JOHN HART/THE ASSOCIATED PRESS

Contractors worked to clear more than a dozen derailed cars of a loaded Canadian Pacific Railway train Monday after thousands of litres of crude oil spilled from one tanker, causing the evacuation of a neighbourhood in a small southern Wisconsin city.

Residents who evacuated dozens of homes in Watertown following the derailment Sunday afternoon were still being kept away Monday as 12 derailed cars were moved to a temporary track. Thirteen of the train's 110 cars derailed, and 109 of them were carrying crude oil, officials said.

Crews were dismantling and removing one car that was punctured, and it spilled no more than 3,800 litres, Canadian Pacific spokesman Andrew Cummings said. The railroad said the leaking car was sealed, the oil contained and siphoned off and that none of the product reached any waterways.

It was the second freight train derailment in as many days in Wisconsin.

Watertown fire chief Gregory Michalek said Monday that residents who evacuated 35 homes following the spill cannot return home until the cleanup is complete. They were escorted to their homes by officials late Sunday to retrieve pets, medicine and clothes.

Officials were set to re-evaluate the situation in Watertown on Monday evening and decide if residents can return, Michalek said. THE CANADIAN PRESS

Think outside the gift box
Why a goat? When you give a goat, you provide a family in a developing country with nourishment, the makings of a family business and a new future. Help break the cycle of poverty and begin a cycle of progress today.
CRA Charity Registration Number 11892 8993 RR0001

Give a Gift of Hope
plangifts.com

Gifts of Hope are real gifts
to real projects that change real lives.

Plan

MONTREAL

McKenna gives OK to dump city sewage

Environment Minister Catherine McKenna has green-lighted Montreal's plan to discharge eight billion litres of untreated sewage into the St. Lawrence River if certain conditions are met.

McKenna told reporters from Paris today she's asking the city to implement several measures before dumping the waste water such as monitoring the discharge and to improve emergency-planning clean-up measures.

She says the discharge can begin as soon as the conditions are met and must be completed by Dec. 5.

Montreal Mayor Denis Coderre has said the dump is necessary because the city must temporarily close a large sewer that feeds sewage to a treatment facility and alternative solutions would be too costly.

In mid-October, the discharge plan was suspended by the previous Conservative government, which appointed an independent panel of experts to determine if the waste water would be acutely toxic.

The panel's report was released Friday and stated the risks of waiting were greater than the city's plan to dump the sewage immediately into the river.

THE CANADIAN PRESS

PARIS SUMMIT

Catherine McKenna is in Paris meeting with fellow ministers from around the world.

They're looking for common ground on key issues to set the stage for the climate summit that begins in the French capital on Nov. 30.

CRACKLE AND GLOW A photographer captured this huge fireball as it streaked across the night sky over Ralph, Sask. on Nov. 8. Bill Allen's spectacular photo has been viewed and shared thousands of times on social media. It's believed the fireball was part of the Taurid meteor shower that's expected to peak this week. COURTESY OF BILL ALLEN/THE CANADIAN PRESS

RBC

Optimism wavering as youths age: Survey

Jessica Smith Cross
Metro | Toronto

Right around the time teens hit adulthood, their outlook on their future becomes considerably less rosy, a major Canadian bank has found in a new survey.

RBC commissioned an in-depth survey on the optimism of youth, released Tuesday, that found the numbers of 18- to 21-year-olds who say they're happy, have a positive outlook on life and are excited about their future are 15 to 25 per cent lower than teens aged 14 to 17.

Lauren Friese, founder of TalentEgg, a service that connects youth with jobs, collaborated with RBC on the survey.

The survey indicates that the optimism of youth falls off significantly when those youth — told all their lives to follow their passion in their careers — discover that might not be easy or even possible, she said.

"There's a big group of people in school today being told it's important to find meaning in their work and follow their passion. It's putting all these expectations on them, but every story in the media and every statistic tells them, 'It's going to be hard for you; it's going to be harder than previous generations for you,'" she said.

"When you get to the workplace, expectations and realities are not in line."

Poll shows split opinion on younger generation

REMEMBRANCE DAY

Demographic regarded as less appreciative of war veterans

Canadians overwhelmingly find Remembrance Day as relevant today as when it began nearly a century ago but are split on whether younger generations properly appreciate and honour the country's veterans, according to a new survey released days before the ceremony.

The poll commissioned by Historica Canada found that 82 per cent of Canadians believe the annual tribute is as important now as it was shortly after the First World War.

Only slightly more than half (54 per cent), however, feel today's youth "do a good job" of honouring veterans, and slightly fewer than half (46 per cent) think young people understand the sacrifices of those who have died in conflict.

Even those under 35 are torn, with only 54 per cent saying young people recognize veterans' sacrifices — in itself a sign of engagement, Historica Canada's president said.

"When the answer among youth themselves is split as to whether they sufficiently care or not, if you're saying, 'Yeah, I don't actually know if I care as much as I should,' in effect you're really saying, 'I do care because I've taken the trouble to think about that,'" Anthony Wilson-Smith said.

Overall, the importance Canadians attribute to the Nov. 11 commemoration has risen slightly in the decade that Historica Canada has been polling on the topic, Wilson-Smith said.

Support for making Remembrance Day a national holiday has remained steady since 2012 at 85 per cent. While it is currently a federal statutory holiday, only six provinces deem it a day off.

THE CANADIAN PRESS

79%

The percentage of respondents who said they will wear the traditional poppy to mark Remembrance Day.

91%

The percentage of respondents who believe Canada should do more to honour its veterans.

FAMILY SPECIAL with
PUMPKIN SPICE
pizzelle
limited time only
Two medium 3-topping pizzas, one pound of potato wedges, six cans of Coke - and just in time for Fall, get a FREE package of delicious Pumpkin Spice* pizzelle (Italian Wafer Cookies, 150g)
*while supplies last
upsize to TWO LARGE PIZZAS for 5.00
28.99
premium toppings extra
PIZZA NOVA®
SINCE 1963
order with the APP
order online @ pizzanova.com
416 439-0000
outside the GTA 310-33-00
USE LOCAL AREA CODE where necessary
@pizzanovaguy
*While supplies last. Taxes not included. Premium toppings are extra. Not available in conjunction with any other specials or offer. Visit us at pizzanova.com

MYANMAR

Suu Kyi's party claims victory

The party of opposition leader Aung San Suu Kyi claimed victory Monday in virtually every seat in four states where results of Myanmar's historic parliamentary election were known, signalling a sweep that could give it the presidency and further loosen the military's stranglehold.

The announcement at the headquarters of the National League for Democracy (NLD) in Yangon set off new jubilation among the party's supporters, who already had been celebrating the result of Sunday's vote.

The NLD said it had won 44 of the 45 lower-house seats and all 12 of the upper-house seats from the party stronghold of Yangon, Myanmar's biggest city. It also won all 38 seats in Ayeyarwaddy state, all but one of the 40 in Bago and 11 out of 19 lower-house seats and all 10 upper-house seats in Mon state. THE ASSOCIATED PRESS

Leader Aung San Suu Kyi. THE ASSOCIATED PRESS

JORDAN

Police officer opens fire at compound, kills five

A Jordanian police officer opened fire Monday at a regional police training centre in the Jordanian capital of Amman, killing two Americans, two Jordanians and a South African before being shot dead, the Jordanian government spokesman said. The attack also wounded seven people. The spokesman said authorities are investigating the motive behind the attack. THE ASSOCIATED PRESS

EGYPT

Tourists flee amid security concerns

Thousands of Russian vacationers were heading home from Egypt on Monday aboard special planes sent by Moscow, which has suspended all flights to Egypt amid security concerns in the aftermath of the Oct. 31 plane crash of a Russian airliner that killed all 224 people on board.

Other airliners from Britain and Western Europe also are arriving to bring their nationals home, after several countries and airlines last week suspended new flights to Egypt because of the security concerns as suspicions focused on the possibility that a bomb caused the Metrojet crash.

U.S. and British officials have cited intelligence reports as indicating that the Oct. 31 flight from the Sinai resort town of Sharm el-Sheikh to St. Petersburg was brought down by a bomb on board. THE ASSOCIATED PRESS

A girl watches a killer whale in a tank at SeaWorld in San Diego, Calif. The company's revenue has sunk since the 2013 release of the documentary Blackfish. THE ASSOCIATED PRESS FILE

SeaWorld to end its orca shows

UNITED STATES

San Diego park to focus on whales in their natural setting

SeaWorld will end its orca shows at its San Diego, Calif., park by 2017, its top executive said Monday, saying customers at the location have made it clear they prefer killer whales acting more naturally rather than doing tricks.

CEO Joel Manby told investors that the park — where the iconic shows of killer whales doing flips and other stunts debuted decades ago — will offer a different kind of orca experience focusing on the animal's natural setting and its behaviours, starting in 2017.

Animal-rights activists called the move a marketing gimmick and want the company to phase out holding whales in captivity at all.

"It's captivity that denies these far-ranging orcas everything that is natural and important to them," said Jared Goodman of People for the Ethical Treatment of Animals.

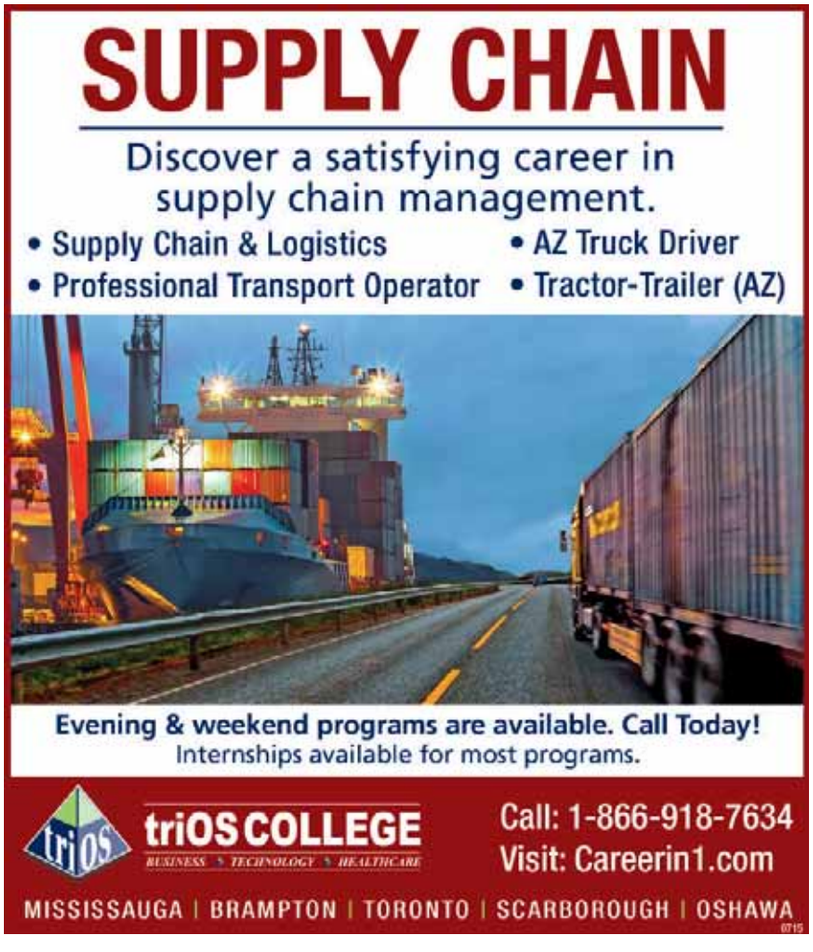
The Orlando, Fla.-based company has seen revenue drop since the 2013 release of the documentary Blackfish, which examined how orcas respond to captivity, particularly in the case of Tilikum, a killer whale that caused trainer Dawn Brancheau's 2010 death by pulling her into a pool at SeaWorld Orlando.

Attendance has dropped the most at its San Diego location, and the decision to end such shows would be limited for now to that park. Shows at its other parks, including in San Antonio and Orlando, will continue. THE ASSOCIATED PRESS

EXPANSION?

Tank plans may change

SeaWorld CEO Joel Manby also indicated to investors that the company may change its plans for a $100-million expansion of its tanks for its killer whales, which was endorsed by the California Coastal Commission last month on the condition it agree to stop breeding orcas, among other restrictions. THE ASSOCIATED PRESS


SUPPLY CHAIN
Discover a satisfying career in supply chain management.
• Supply Chain & Logistics
• AZ Truck Driver
• Professional Transport Operator
• Tractor-Trailer (AZ)
Evening & weekend programs are available. Call Today!
Internships available for most programs.
triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE
Call: 1-866-918-7634
Visit: Careerin1.com
MISSISSAUGA | BRAMPTON | TORONTO | SCARBOROUGH | OSHAWA

altima telecom
Get 1 Month Free!!!
Unlimited High Speed Internet & Unlimited Canada Wide Home Phone
Bundle from $49.95/M
Some conditions may apply. | Offer ends 30 November 2015
647-800-2222
www.altimatel.com | 620 Alden Rd, Unit 208, Markham L3R 9R7
More discount!
WITH 1 YEAR PREPAY
1 MONTH FREE

ECONOMY

Growth to slow: OECD

Canada's economic growth this year will slow to 1.2 per cent — about half of what it was last year — before gaining strength in the next two years, says a report released Monday by the Organization for Economic Co-operation and Development.

The Paris-based economic think-tank estimates Canada's gross domestic product, which grew by 2.4 per cent in 2014, won't get back to that level for at least two more years.

It's estimating Canada's 2016 economic growth at 2.0 per cent and 2.3 per cent for 2017.

The Bank of Canada last month said that its 2015 GDP estimate remained at 1.1 per cent, while it lowered the 2016 and 2017 estimates to 2.0 per cent and 2.5 per cent.

By comparison, the OECD estimates the United States will grow 2.4 per cent this year, 2.5 per cent in 2016 and 2.4 per cent in 2017 — outpacing most other G7 countries by a wide margin each year.

THE CANADIAN PRESS

Shell opens carbon capture project

CLIMATE CHANGE

Technology key to ensure oilsands stays in game: CEO

Ben van Beurden would be the first to admit carbon capture and storage (CCS) is not the most alluring technology to look at. But the CEO of European energy giant Royal Dutch Shell Plc wants CCS — unsexy though it may be in the public's eye — to come as readily to mind when thinking about combating climate change as windmills would.

Van Beurden was among the dignitaries to crank a big yellow valve at Shell's oil processing complex in Fort Saskatchewan northeast of Edmonton last week, officially opening its $1.35-billion Quest project — helped by $745 million from the Alberta government and $120 million from Ottawa.

Quest is attached to Shell's Scotford upgrader, where oilsands bitumen from its mine some 500 kilometres north is transformed into refinery-ready crude.

The Quest carbon capture and storage facility in Fort Saskatchewan, Alta, is designed to capture and store more than a million tonnes of CO2 each year. THE CANADIAN PRESS

The aim of the project is to capture a million tonnes of carbon dioxide annually that would otherwise escape — about a third of the upgrader's total emissions — and store it more than two kilometres underground.

As Shell sees it, CCS is crucial in ensuring the oilsands remain competitive in an increasingly climate-conscious world. Van Beurden said renewables have their place, but given the globe's population-growth trajectory in the coming decades, phasing out fossil fuels entirely is not realistic.

THE CANADIAN PRESS

market minute

DOLLAR
75.33¢ (+0.12¢)

TSX
13,482.62 (-70.68)

OIL
$43.87 US (-42¢)

GOLD
$1,088.10 US (+40¢)

NATURAL GAS: $2.300 US (-7.1¢)
DOW JONES: 17,730.48 (-179.85)

IN BRIEF

Match.com going public

The owner of Tinder, Match.com and OkCupid hopes to raise $466.2 million US in an initial public offering. Match Group Inc. disclosed Monday that it will price its IPO of about 33.3 million shares between $12 US and $14 US per share. Match Group will list on Nasdaq under the symbol "MTCH."

THE ASSOCIATED PRESS

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?

Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

- Free Consultation
- No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

Shop your rate on car insurance renewal and join millions of Canadians.

- Fill out a **SIMPLE** form.
- Search over **50** insurance companies.
- Save **$750** on average.

*Visit **Kanetix.ca** today!*

KANETIX.CA™

metro VIEWS
Your essential daily news
Tuesday, November 10, 2015

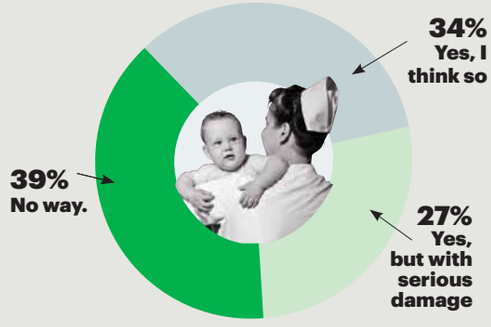
Metro POLL

Are you a medical miracle?

Visit metronews.ca every Friday to have your say.

Scientists in Nottingham, England have made a jaw-dropping discovery in an 1,100-year-old book: a recipe for a powerful antibiotic. The medieval brew, which researchers found to be effective in the lab against drug-resistant staph bacteria, was labelled "best medicine" in Old English and calls for onions, garlic, wine and bile from a bovine stomach, left to stew in a warm place for nine days. This miraculous outlier notwithstanding, most folk medicines, herbal remedies and home cures haven't been rigorously tested — but many people choose to use them anyways. We asked our readers: how important have antibiotics been in your life? And do you call the doctor right away when you're under the weather, or do you try your hand at brewing your own "best medicine" at home?

1 Would you be alive today if not for antibiotics? (Note: before effective antibiotics, many common bacterial infections had mortality rates of 10-30 per cent).



2 What do you do when you catch a cold, flu or bug?

41%
I only go to the doctor if I'm about to drop dead
7%
I go to the doctor within a day
52%
I try home remedies, then go to the doctor if I don't improve

3 Which home remedies do you rely on?

19% Rest and plenty of fluids
15% Tea with honey and lemon (for sore throat/cold/flu)
14% Salt-water gargle (for sore throat)
11% Ginger (for upset stomach)
10% Steam (for congestion)
7% Herbal remedies
6% Massage/meditation
6% Essential oils
5% Homeopathy/naturopathy
2% Prayer
5% Other

Homemade hot lemonade: fresh lemons, corn syrup, water.

Zero. Science, please!

Proper nutrition. Food is the most underused medication.

METRO READERS

Transit is not a welfare program. It's essential.

YOUR RIDE
Glyn Bowerman

Last week, Toronto council gave unanimous support to a poverty-reduction strategy.

It's an important position, at least symbolically.

The report includes a section on "transit equity" and recommends the continuation of free fares for children under 12, a look into fare-geared-to-income opportunities when Presto cards finally roll out across the whole network, a reversal of the service cuts the inner suburbs suffered under Ford and increased reliability of service.

Transit is not charity. It's equity. It's justice.

It's encouraging to see a city that's looking to reduce poverty talk about equality in transit. And it's a conversation we desperately need to put into action.

Transit equity is a crucial concept. Transit, when done well, is the great equalizer: essential in a place where rising real-estate costs push many of the poorest people to the farthest-flung corners of the city, where rapid and reliable transit is scarce and where many are cut off from employment opportunities.

Mayor John Tory has said, in what was perhaps a gaffe, transit is "for people who can't afford a car."

Certainly, good transit can benefit people with low incomes. But many low-income people do drive and are forced to spend a large chunk of their earnings on cars, which takes money away from other priorities.

Still, it is best not to look at transit as a welfare program: it makes it seem, to some, like charity, like a nice-to-have, instead of a crucial service for all.

As planning consultant Jarrett Walker writes at humantransit.org, "Providing mobility to these (disadvantaged) groups is not merely a social service; it also expands participation in the economy."

Transit is not charity. It's equity. It's justice. Everyone should have the right to tap into the economic advantages of the city.

There are a number of fare strategies that could help level the playing field, especially once Presto cards are fully implemented.

Income-based fares are a great idea.

Time-based transfers, as well, could benefit many. Statistically, it's primarily women, including those who are caregivers, who make multiple stops throughout the day.

But we should also make sure we quash the idea of zoned fares — charging more for longer trips across the city. This insidious idea continues to be floated when we talk about smart cards but would completely undermine the idea of connecting the poorer inner suburbs to the city's economic centre.

Conversations about poverty reduction go a long way to generating ideas about achieving transit equity.

Ultimately, though, unless and until city hall is ready to get serious about increasing the subsidy it provides the TTC, instead of relying heavily on fare increases to fill its coffers, transit equity will remain just that: a nice idea.

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on Twitter @Banquos_Banquet

ROSEMARY WESTWOOD
metroview

A nice, well-done, meaningful funeral is tremendously healing

"I often go out of respect," my mum says.

I've just called her on Skype, after going to the funeral of my boss' dad, a man I didn't know. My parents go to acquaintances' funerals a lot, seemingly out of a sense of community, so maybe I get it from them. But not too many other colleagues were there, and it made me wonder about that — about why we go, or don't go, to funerals.

I tell her the respect thing makes sense to me.

"It's so easy not to take the time, to say, 'Oh, my day's too busy; I don't want to do that. Oh, I've got to change out of my stinky dog-walking clothes,'" mum says. "It's taking the time. And I think that it's a recognition of God, really. He created us. Everything comes from Him. I want to be able to go and show appreciation."

Life is just one step on the way to your eternal home, she says. "So I think it's very positive to acknowledge their work on Earth is done. How wonderful is that?"

"It's just sad for the family and friends that are left behind," she adds, then she drifts out of the Skype screen. "Hold on, I'm just giving the Steller's jays some nuts."

Every time I go to a funeral, I leave feeling like I've been directed toward things that matter again.

When she's back, I tell her funerals often make me feel good, in an odd way.

"A really nice, well-done, meaningful service is tremendously healing," she says. "Yes, you're sad that person is gone but you leave with a sense of hope."

"Every time I go to a funeral, I leave feeling like I've been directed towards the things that matter again," I say.

"Mmm hmm."

"I originally said to someone that I feel like they're uplifting and I think I stand by that," I tell her, "because funerals are always so full of love, I guess. People appreciating each other."

"Yes. And often time you're standing or sitting beside someone, you have no idea who they are, but you're there for the same reason. It's like going to the cenotaph, remembering and respecting the person's memory."

"Even if it wasn't someone you don't know. I didn't know my boss' dad."

Mum drifts away again, this time to let in the dog.

"It helps you centre your own life, your own mortality," she says when she reappears. "You never know: we're supposed to be joyful, we're supposed to be having fun — you never know when it's going to..."

"... to end."

"Mmm hmm."

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

metro LIFE

Your essential daily news

Billy Idol will be dancing with himself in Vegas during a spring residency

New insights into pedophilia

DOCUMENTARY

Czech film explores the role attitudes can play in treatment

Devon Scoble
For Metro | Canada

The phrase 'virtuous pedophile' may seem like an oxymoron, but it's the self-identifying term chosen by a group of men who have committed to never — ever — act on their sexual attraction to children.

According to Dr. James Cantor, senior scientist at Toronto's Centre for Addiction and Mental Health (CAMH) and associate professor of psychiatry at the University of Toronto, pedophilia is like a sexual orientation, inborn and immutable.

"One lesson is the distinction between child molesters, who are criminals that we have to deal with, and pedophiles who are just kind of born — through no fault of their own — with an attraction to children," says Cantor.

The film Daniel's World, which premieres in Canada this month, offers more insight from the perspective of the chaste pedophile. The documentary follows Daniel as he meets his sexologist and fellow pedophiles, seeking to understand and suppress his desires.

For Daniel, a young Czech writer grappling with his sexual identity, living an ethical life means forgoing erotic fulfilment and all hope of finding a suitable life partner.

"The most dangerous things are stereotypes," director Veronika Liskova tells Metro via Skype from the Jihlava International Documentary Film Festival. "I believe that if we know more about the real dangers, then our children can live their lives and we can better protect them."

For Cantor, that means Canada should follow Germany's lead and abolish therapists' mandatory reporting requirements so pedophiles can seek treatment without punishment.

"The only logical thing to do is to help these people live and work in society in a productive way. After 30 years of trying, writing them off as evil hasn't helped. If anything, it's made things worse," he says.

"Now instead of having pedophiles out in society and receiving whatever they need to take the edge off the problem and lead a law-abiding life — psychotherapy, sex drive medication, whatever it is — we have these pedophiles out in society completely unknown and completely unsupervised by anybody. It's absolutely ridiculous."

ANOTHER PERSPECTIVE

Story makes abuse survivor 'nervous'

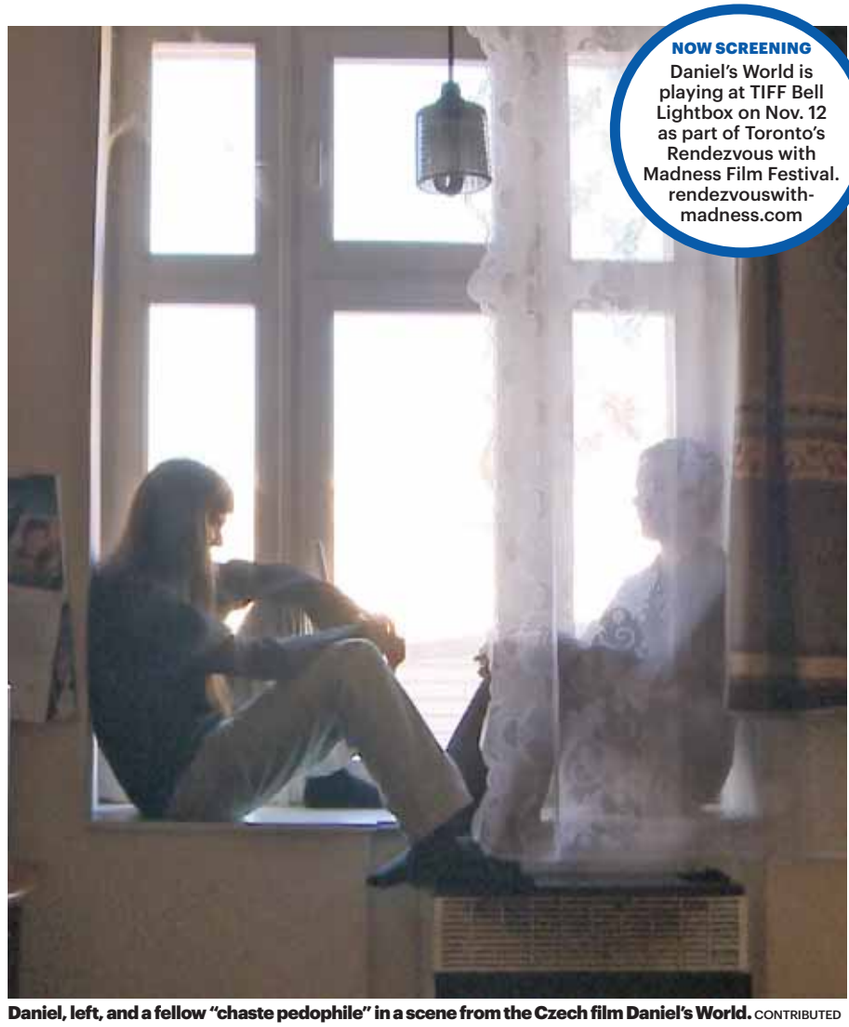
Glori Meldrum is a sexual abuse survivor, and the founder of Little Warriors, a national charity committed to preventing and treating childhood sexual abuse.

"Everybody deserves to tell their story," she says, "but it also makes me a bit nervous. It's not like people monitor their every action — you can't prove they're not doing anything to kids. This film is like, 'He's got to live with all this stuff.' The other piece is people like me and the kids that we treat — you should see what we're living with."

DEVON SCOBLE/FOR METRO

Writing (pedophiles) off as evil hasn't helped. If anything, it's made things worse.

Dr. James Cantor, Toronto's Centre for Addiction and Mental Health (CAMH)



NOW SCREENING
Daniel's World is playing at TIFF Bell Lightbox on Nov. 12 as part of Toronto's Rendezvous with Madness Film Festival. rendezvouswith-madness.com

Daniel, left, and a fellow "chaste pedophile" in a scene from the Czech film Daniel's World. CONTRIBUTED

DIVERSITY

Social biases form early and aren't easy to undo, research shows

The next time someone tells you to trust your instincts, consider that your instincts might be racist. If not racist then sexist. If not sexist, then ageist, ableist or homophobic. But more than likely it's a combination of these.

Unconvinced? See for yourself by taking the Implicit Association Test. Created in 1998 by a non-profit research organization, Project Implicit, the free online test has users rapidly associate words like "peace" and "nasty" with names like "Phillippe" and "Akbar" or with silhouettes of fat and thin people.

Once spoofed on an episode of King of the Hill, the ever genteel character Peggy Hill — like most non-cartoon people who've taken the IAT — learned she preferred the company of white people over black people.

Peggy would have just as likely discovered she trusts men over women and thin people over fat people. For Calvin Lai, the project's director of research, the question is no longer whether we can measure our unconscious biases, but whether we can undo them.

We like to think of ourselves as making thoughtful decisions, but we're cognitive misers
Researcher Temple Northrup

The good news: yes.

The bad news: barely.

"The effects are short term," says the Harvard postdoctoral fellow.

In his years studying unconscious biases, he's surprised only in how difficult it is to get long-term results. "You can take a diversity training program, but after a day, after a week, it's back to baseline."

We're hard-wired to be unconsciously biased with people, says Jacqueline Leighton, a University of Alberta professor and author of Reasoning and Problem Solving.

"It's a much simpler brain task to process information we already know to be true than to process information contrasting what we believe to be true" says Leighton.

To be regularly bombarded with information contradicting our gut instincts would result in mental chaos, a reason we're evolutionarily adapted to seek information that confirms our beliefs.

And yet acknowledging that we have these biases may be the best way to combat them. "We don't even know the full extent of the biases that we walk around with. So if we at least come to the table admitting we're susceptible, we'll be open to programs or questions that interrogate what we already think," adds Leighton.

TORSTAR NEWS SERVICE

Researchers say a new diabetes test, which is not yet on the market, would be as easy to use as a pregnancy test. AFP

A diabetes test that's smartphone friendly

RESEARCH

New diagnostic tool can detect disease in saliva

A few days ahead of World Diabetes Day (on Nov. 14), information has been revealed about a new device, currently in the development phase, but which could improve early detection of the condition, particularly in disadvantaged communities.

This new device, which has been developed by a multidisciplinary team from the U.S. and Mexico, has been primarily designed to improve early detection in people on low incomes who do not always have access to healthcare.

Scientists at Tec de Monterrey in Mexico, in partnership with colleagues at the University of Houston, say they have developed a device that is able to detect type 2 diabetes in saliva (or another biological marker).

Avoiding the use of needles, this micro-cartridge that is adaptable to a smartphone tells the user whether they have type 2 diabetes in just a few seconds.

The result is positive if a compound present in saliva reacts by becoming fluorescent. This is made possible by an enzymatic reaction and a technological process adapted to biochemistry.

"We wanted a device which could identify a biomarker in a sample of saliva, and it had to emit fluorescent light so that a phone camera could record it," explained the project coordinator, Dr Marco Antonio Rite Palomares.

The device, which has proven to be "as simple as a pregnancy test," is primarily intended for low-income groups and is planned to be available within two years.

The team has completed the development phase, and hopes to soon move into mass production if the device is of interest to manufacturers.

Type 2 diabetes is a disorder which is characterized by difficulty in assimilating, using and storing sugar from food.

It affected 9 per cent of adults worldwide in 2014 and led to 1.5 million deaths in 2012 according to the World Health Organization. Over 80 per cent of these deaths occurred in low- and middle-income countries.

If a diagnosis is made several years after its emergence, type 2 diabetes can damage the heart, kidneys, blood vessels, eyes and nerves. AFP

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Extreme Pita

Pitas are a fast food fave, with this traditional Mediterranean and Middle Eastern dish found in food courts just as often as burgers and subs. One assumes that it's always a healthier alternative, as we're loading them up with an endless mixture of veggies, protein and zesty sauces. Extreme Pita is a popular choice and, while there are many ways to keep your pita healthy and tasty, not all of these combinations are so nutritious!

PICK THIS

Thai Chicken Pita (regular)

Ingredients
Asian slaw, mushroom, red onion, romaine lettuce & Sweet Chili Thai sauce

Calories 410
Fat 5g
Saturated fats 3g
Sodium 1266mg

SKIP THIS

Chicken Shawarma Pita (regular)

Ingredients
Tomatoes, pickles, tabouleh, hummus & garlic sauce

Calories 544
Fat 25g
Saturated fats 4g
Sodium 1611 mg

HERE'S WHY

As much fat as four quarter chickens from Swiss Chalet (skinless, white meat).

Shawarma traditionally consists of marinated strips of chicken, usually the thigh, that when shaved are doused with the fat from the meat. The meat is heavily seasoned, which leads to high sodium levels. Then if you slather your shawarma with hummus and oily garlic sauce, you've got as much fat as four quarter chickens from Swiss Chalet. Instead choose the Thai Chicken Pita, which has 1/5 of the fat, with its lower fat dressing and array of veggies.

PUBLIC TRANSIT

Train, bus may be best, study says

It turns out Justin Trudeau was ahead of the curve when he took the bus to his swearing-in earlier this month. Taking the bus or train to work may be healthier than walking, according to a new study published Sunday by the American Heart Association.

"Bus/train commuters had even lower rates of diabetes, high blood pressure and overweight than the walkers or bikers," according to the findings, which were presented at the AHA's Scientific Sessions 2015 meeting this weekend.

The study, which was conducted in Japan, found that compared to drivers, public transport riders were 44 per cent less likely to be overweight, 27 per cent less likely to have high blood pressure and 34 per cent less likely to have diabetes. In a counterintuitive result, improved health was also seen in comparison with walkers and bikers, researchers said. They suggested that one explanation could be that commuters actually walked farther to and from the train or bus station than people who biked or walked to and from work.

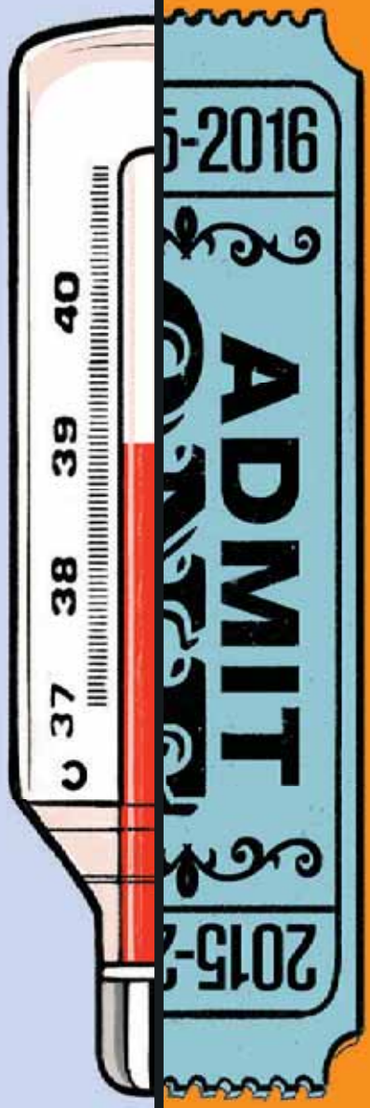
Japan's transit commuters are healthier than people who walk to work, a study says. ISTOCK

"If it takes longer than 20 minutes one way to commute by walking or cycling, many people seem to take public transportation or a car in urban areas of Japan," said study author Hisako Tsuji, director of the Moriguchi City Health Examination Center in Osaka, Japan. AFP

The Royal®
THE ROYAL AGRICULTURAL WINTER FAIR
NOVEMBER 6 - 15
There's a lot to love at The Royal.
TICKETS ON SALE NOW
ROYALFAIR.ORG
ONTARIO TOYOTA DEALERS LONGINES Weston Ontario TORONTO

DON'T MISS OUT.

GET YOUR FLU SHOT.



Vaccination is the #1 most effective way to reduce your risk of severe flu this year. Keep up with your plans this flu season.

Walk in to your local Shoppers and get your flu shot.

SHOPPERS DRUG MART

In Saturday's episode of SNL in which Rachel Maddow (Cecily Strong) interviews Hillary Clinton (Kate McKinnon). NBC/SCREENSHOT

JOHANNA SCHNELLER WHAT I'M WATCHING

Hillary-ous SNL impersonations

SATURDAY NIGHT LIVE, NOV. 7 (GLOBAL/NBC)

Hillary Clinton (Kate McKinnon), in a pantsuit and helmet hair, charges in for an interview with Rachel Maddow (Cecily Strong).

"Excuse me while I try to sit casually in this chair," McKinnon says, contorting herself into a tortured "relaxed" pose. Strong asks her, "Introvert or extrovert?" and McKinnon replies, "I'm an extrovert because I love meeting people, and connecting with them, and smiling with them. But I'm an introvert because no, I don't."

McKinnon's Clinton is the best thing about SNL this season. Not because she's an uncanny physical match, the way Tina Fey was for Sarah Palin, but because she has spotted, and plays up, something uncomfortable in Clinton's manner: her desperate desire to appear chill yet in control. McKinnon does that by contrasting a big, forced laugh with crazy/glittering/determined eyes; her Hillary is always an inch away from veering off the rails.

The great SNL political impressions are always about distilling a person to his/her essence: Dana Carvey nailed George H. W. Bush's faux-toughness in the phrase, "Nah gon dewit." Will Ferrell captured George W. Bush's blank-eyed terror. Fey conveyed Palin's utterly unearned self-confidence. When Amy Poehler was doing Clinton (back when she was competing against Obama), Poehler zeroed in on her barely concealed outrage that she wasn't taken seriously.

Clinton, very consciously, has changed her manner for this election, and it's that self-consciousness, that determination to do it better — albeit through gritted teeth — that McKinnon is mining so well. I'm looking forward to a long campaign.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

PROJECT RUNWAY

Junior franchise highlights teen talent

Tim Gunn said he was apprehensive about participating in a bite-size version of Project Runway featuring teen designers.

"I thought," he recalled in a recent interview, "will I have to soft-pedal my critiques? Is it all going to be watered down? Are they going to be emotional wrecks and very fragile?"

Gunn was pleasantly surprised by the freshman class on Project Runway Junior, which premieres Thursday at 9 p.m. EST on Lifetime. The mentor, former educator at the Parsons design school and adult wrangler on the long-running Project Runway called the new show's young contestants lovable, sweet to each other and respectful of the process swirling around them.

"Compared to the designers on a regular season of Runway, these teens... accept responsibility for their actions," Gunn said. "There's never any factor that comes into their interaction with the judges or with me about why this isn't going as well as they had wanted it to go, versus regular Runway when there's nothing but excuses."

That's saying a lot, considering the age range — 13 to 17 — among the 12 contestants from around the country.

Gunn saw bits of his younger self in them all, as did his co-host, model Hannah Davis, and two of the three judges, Christian Siriano and Kelly Osbourne. Aya Kanai. The executive fashion editor at Cosmopolitan and Seventeen magazines, rounds out the judges' crew.

"These young people... are all loners. There's no one like them who comes home from school and plays with a sewing machine," Osbourne said. "They've been put in a room of their peers, with kids just like them, for the first time in their life."

The Dec. 10 episode will feature a video appearance by first lady Michelle Obama to announce a challenge supporting education for girls. Bella Thorne is a guest judge for the final challenge.

THE ASSOCIATED PRESS

27 locations in Toronto!
Here's a little something to say
THANKS TORONTO
GET A SECOND SMOOTHIE for 99¢
Customer Appreciation Day
NOV. 13
Booster Juice
Plus! We are giving away $1000 flight vouchers across Canada!
Enter on November 13th in-store & you could be one of the lucky winners!

5 ADVENT CALENDARS FOR THE DECEMBER COUNTDOWN

Ah, the advent calendar. This Christian tradition for counting down the days until Christmas is now more of a secular pursuit, aimed to increase the anticipation for Dec. 25. And it's moved beyond flimsy cutout doors revealing cardboard tasting chocolates. This year's lineup of treats gets a little more sophisticated — from Star Wars Lego to high-end whisky. TORSTAR NEWS SERVICE/METRO

1 The Whisky Advent Calendar

What better way to get ready for multiple familial engagements than by taking a daily shot of whisky? As you count down to Dec. 25, you'll encounter a rare 50-year-old Scotch, an award-winning Japanese whisky and the World's Best Blended Whisky. Some of these samples are worth over $700 a bottle! **Price:** $250. **Available at:** masterofmalt.com

2 Lego Star Wars

Let the Force be with you this holiday season. Behind each door are Lego pieces such as the Millennium Falcon, an A-wing Starfighter, and C3PO decked out as Santa. **Price:** $49.95 **Available at:** Lego retail stores and major toy stores.

3 David's Tea 24 Days of Tea

If curling up with a cup of tea is the ideal winter activity, this will warm the heart. Each of the 24 drawers features a tin of David's Tea classic and festive flavours, including mulled wine, gingerbread cookie and banana nut bread. Available in stores and online. Allow three to four business days for delivery. **Price:** $40 **Available at:** davidstea.com

4 Ciaté London Mini Mani Month

Sure, no one has time to change their nail polish every day, but you could with this 24-piece set of nail goodies from Ciaté London. This calendar features miniature nail polish in a variety of shades and glittery finishes, a nail file and other treatments. Allow one to two weeks for delivery of online orders. **Price:** $71 **Available at:** sephora.com

5 Short Story

Voracious readers will love this collection of two dozen short stories from writers across North America, including Pasha Malla, Jess Walter, Richard Van Camp and Heather O'Neill. Each chapbook is sealed, so every story is a surprise. Orders accepted until Nov. 13. **Price:** $50 **Available at:** shortstoryadvent calendar.com

We are currently Recruiting Healthy Males with History of Vasectomy and Healthy Post-Menopausal Females to Participate in a Clinical Research Study

Period 1: Novemver 14 - November 16 **Period 2:** Novemver 28 - November 30
Period 3: December 12 - December 14

You Will Receive $3000 Upon Completion of the Study.

www.pharmamedica.com
1-866-759-5554

PHARMA MEDICA RESEARCH INC.

LEARNING CURVE

CENTENNIAL GIVES STUDENTS OPTIONS

The responsibilities of an office administration team member differ based on work environment. That's why Centennial College facilitates four office administration programs from which students can launch their careers, says the chair of the college's School of Business.

The various options, says Mary Devine, also make the programs a fit for everyone, from high-school graduates and newcomers to the Greater Toronto area to individuals considering a career change and university grads looking to upgrade their computer skills.

"These people play a huge role in keeping an office running smoothly and supporting the goals and objectives of their managers and colleagues," says Devine. "Office administration team members must bring a strong technical skill set but also strong interpersonal skills."

At Centennial, students can choose from a one-year office administration general program, or two-year executive, health services or legal programs — of which the first year is identical to that of the general program.

"By choosing one of the two-year programs, students can develop expertise in a specialist area," says Devine. "The general program is a good entry-level option for individuals who may wish to get a taste of a post-secondary program before deciding on a career."

Centennial's office administration programs follow a practical approach, with students gaining hands-on experience through timed typing tests and projects and assignments based on real world situations. However, says Devine, the most important practical feature is the on-the-job experience of field placement, which is offered in the executive, health services and legal options.

CONTRIBUTED

"We work with many employers and find a placement for students so they can apply the skills they developed in their first three semesters," she says.

Depending on their specialty, grads may find work as receptionists, office, executive or administrative assistants, medical secretaries or office administrators, legal office support or legal secretaries, and more.

Centennial College will host an Office Administration Information Session at its Progress Campus on Dec. 5 from 9 to 10 a.m.

Program creates job-ready PR professionals

For the past three years, Centennial College corporate communications and public relations (PR) students have taken home the Canadian Public Relations Society (CPRS) Student of the Year Award. That, and the other numerous industry awards students have received, says the program's co-ordinator, is just one testament to the type of training students receive.

"It shows that we are producing students who can do quality work and are job-ready," says Donna Lindell, who also teaches in the program. "It is also great for students because it validates that they are getting that industry experience they need to hit the ground running."

A graduate certificate program, corporate communications and public relations covers essentials such as PR writing, project and event management, online PR and social media, visual communications and business for communicators. It is geared, says Lindell, towards anyone with a college diploma or university degree who is a self-professed storyteller.

"We have students with a wide range of credentials — sociology, astronomy, engineering, you name it," says Lindell. "The one common denominator is that they see the value in relationships and building those relationships to convey a story."

Just two semesters, the program is intense, says Lindell, with students spending about 24 hours a week in class and finishing with an eight-week field placement in agencies, corporate PR, not-for-profit organizations, with the government or in the entertainment industry.

Centennial students Brodie Thompson, left, Jessica Grace Chong, Sarianne Lehto and Aaron Caissie celebrate their CPRS Ace Award win in May for their More than Just A Brew event.

CONTRIBUTED

"We teach students stuff they may not be doing until years after they graduate, and acquire experience to move up in the field," she says. "Sometimes employers are surprised at their knowledge and how much they can contribute. We take very seriously the quality of student we produce. It's one of our calling cards."

The corporate communications and public relations program is also facilitated at Centennial's Pickering Learning site and, for that location, is offered as a blended learning model with in-class study and online assignments.

PROGRAM SCORES ABOVE AVERAGE

The Ministry of Training, Colleges and Universities and its publicly funded colleges have defined Key Performance Indicators to measure college performance against ministry stated goals and objectives. Results are determined by surveys completed by students, graduates and employers. In 2015, Centennial's corporate communications and public relations program performed above average.

- Overall quality of the learning experience: Centennial scored 90 per cent while the provincial average was 82 per cent.
- Knowledge and skills for their future career: Centennial scored 100 per cent while the provincial average was 90 per cent.
- Develop your writing skills: Centennial scored 97 per cent while the provincial average was 86 per cent.

SHUTTERSTOCK

Serve your community and protect the public

Humber's School of Social and Community Services gives you a chance to make a difference with work placements in the fields of criminal justice, and human and fire services.

Humber offers the faculty, simulation labs and work experience that students need to take advantage of opportunities in fields that range from law enforcement to rehabilitation to private security.

For example, students pursuing careers in policing or security are placed in Humber's driving and 180-degree conflict resolution simulator, where scenarios challenge students in a controlled environment.

Instructors program obstacles as students drive, and on-screen characters — uncooperative or in the grip of a mental-health crisis — test their negotiation and alternate resolution skills.

"The private security sector is rapidly growing," explains Daniel Schwartz, a program coordinator at Humber. "Graduates of our protection, security and investigation diploma program can expect to find employment in security companies where entry-level positions can move into areas such as investigations and risk management.

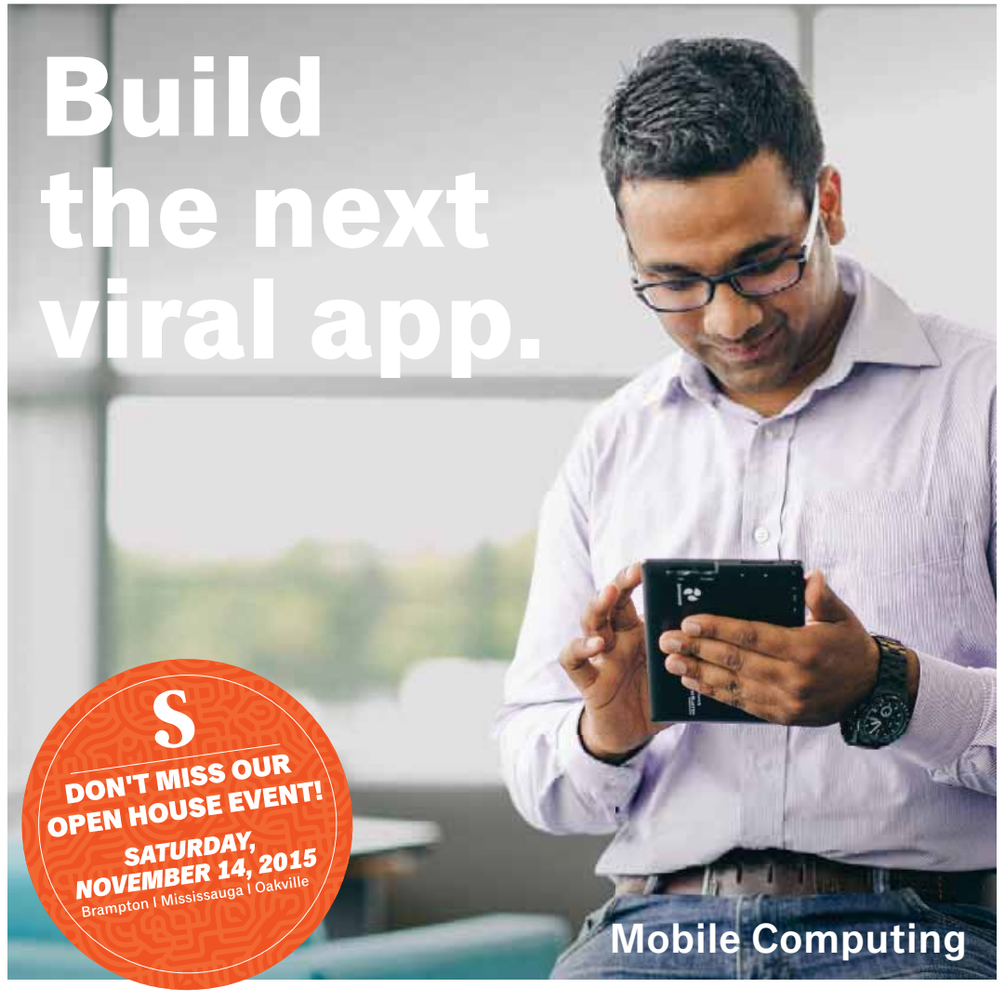
"Students who are focused on policing find pathways through Humber's Police Foundations diploma program. Some students choose to complete both diplomas, setting themselves up for careers in a broader range of law enforcement sectors."

At the School of Social and Community Services, students similarly have a chance to learn in state-of-the-art facilities and labs, or in the field through a range of practicum experiences.

"We are dedicated to delivering more than an education — we are changing lives," says Derek Stockley, the program dean.

SHUTTERSTOCK

SHUTTERSTOCK



Creatively solve real-world problems using wireless and mobile technology. Study more than one discipline by developing apps, computer infrastructure and networks. Ready to lead the way?

sheridancollege.ca

Sheridan | Get Creative

CENTENNIAL COLLEGE

Discover Centennial

OPEN HOUSE

November 22
10 am - 3 pm
Progress Campus
941 Progress Ave.

centennialcollege.ca/discover

Information | Interactive Displays | Giveaways

See where experience takes you.

Heat up your career prospects this winter.

Apply now for a January Full-time program.

Get an inside look at Sheridan College

Sheridan College is opening its doors to give prospective students a chance to experience all things Sheridan and, says the school's manager of student recruitment, answer important questions.

"We are seeing research that the most significant impact on students when choosing post-secondary is the campus visit," says Christopher Treschak. "Knowing that, the open house is geared towards anyone who is considering post-secondary — including students applying for January or September, adult learners or Grade 10 or 11 students looking to get a head start."

Taking place from 10 a.m. to 2 p.m. on Nov. 14 at Sheridan's Davis Campus in Brampton, Hazel McCallion Campus in Mississauga, and Trafalgar Campus and Skills Training Centre in Oakville, the open house will allow students to explore programs they are interested in and get a feel for the school and campus before they make a commitment to applying.

"We have clusters of study at each campus so if prospective students know the program or area of study they are interested in, they should check our site and register because registration will direct them to the right campus," advises Treschak. "If they don't know the program, they can visit any campus to get an overview."

All four locations, says Treschak, will focus on what the school has deemed the six main questions prospective students want answered: Is Sheridan the right fit for me? How do I know if a program is right for me? What supports are available for me? How can I get involved on campus? Where am I going to live and how am I going to get around? How much will it cost?

"This is that one day when you have the opportunity to speak to everyone you need to in order to have those six major questions answered," says Treschak. "We open up the classrooms so attendees can get under the hood, and have reps and faculty from every department and various areas, and current students on-hand."

CONTRIBUTED

Attendees who register for the open house will have a chance to win an iPad mini. Alternatively, they can drop in without registering. To learn more, visit sheridancollege.ca/openhouse.aspx.

WE ARE
READY FOR YOU!
POLICE FOUNDATIONS DIPLOMA

Humber's two-year Police Foundations diploma program focuses on the practical law enforcement and human relations skills required to police modern, socially, ethnically and technologically diverse communities. Students will learn how to investigate criminal offences, to intervene in crisis situations and to model ethical and professional behaviour.

The Forensic Studio, Crime Scene Lab, moot 'Court of Justice', mock interview rooms and Driving Sim Lab provide students with an experience as close as it gets to real life. As well, the conflict de-escalation interactive simulator allows students to engage in scenarios where the subject's reaction changes based on your approach.

EXPERIENCE OUR STATE-OF-THE-ART SIM LABS

HUMBER
School of Social & Community Services | communityservices.humber.ca

WE ARE CHANGING LIVES

Denver Broncos' Aqib Talib banned for one game for poking Colts' Dwayne Allen in the eye during Sunday's NFL game

Russia accused of doping coverup

TRACK AND FIELD

WADA findings could result in Olympic ban for sports giant

Russia's status as a sports superpower and its participation in track and field events at next year's Olympics came under threat Monday after a report accused the Russians of widespread, state-supported doping reminiscent of the darkest days of cheating by the former East Germany.

The findings by a commission set up by the World Anti-Doping Agency were far more damaging than expected. It means that two of the world's most popular sports — soccer and track and field — are now mired in scandals that could destroy their reputations.

The WADA investigation's findings that Russian government officials must have known about doping and coverups, with even its intelligence service, the FSB, allegedly involved, threatened to severely tarnish President Vladimir Putin's use of sports to improve his country's global standing.

Russia hosted the last Winter Olympics in Sochi in 2014 and will hold the next World Cup in 2018. "It's worse than we thought," said Dick Pound, an International Olympic Committee veteran who chaired the WADA probe. "It may be a residue of the old Soviet Union system." The 323-page report said that in Russia, "acceptance of cheating at all levels is widespread." Among its findings:

- Moscow testing laboratory director Grigory Rodchenkov ordered the "intentional and malicious destruction" of 1,417 doping control samples to deny evidence for the investigation.
- FSB agents regularly visited the lab, routinely questioned its staff and told some of them not to co-operate with WADA as part of "direct intimidation and interference by the Russian state" with the lab's work.
- FSB agents even infiltrated Russia's anti-doping work at the Sochi Olympics. One witness told the inquiry that "in Sochi, we had some guys pretending to be engineers in the lab, but actually they were from the Federal Security Service."
- "Widespread inaction" by track and field's governing body, the International Association of Athletics Federations, and Russian authorities allowed athletes suspected of doping to continue competing.

The WADA commission recommended that WADA declare the Russian athletics federation "noncompliant" with the global anti-doping code, and that the IAAF suspend the federation from competition.

The IAAF responded by saying it will consider sanctions against Russia, including a possible suspension that would ban Russian track and field athletes from international competition, including the Summer Olympics in Rio de Janeiro. IAAF President Sebastian Coe gave the Russian federation until the end of the week to respond.

"If they are suspended — and it sounds like the IAAF is moving in that direction already — and they are still suspended, at the time of Rio, there will be no Russian track and field athletes there," Pound said.

He added that Russia's doping could be called state-sponsored. "They would certainly have known," Pound said.

Russian Sports Minister Vitaly Mutko, whose ministry was accused by the WADA probe of giving orders to tamper with anti-doping tests, insisted Russia's problems are no worse than in other countries. Russia is being persecuted, he said, telling Interfax: "Whatever we do, everything is bad."

He threatened to cut all government funding for anti-doping work, saying "if we have to close this whole system, we would be happy to" because "we will only save money."

Mutko denied any wrongdoing to the WADA panel, including knowledge of athletes being blackmailed and FSB interference. Pound said Mutko must have known. THE ASSOCIATED PRESS

Canadian Dick Pound, chairman of WADA's Independent Commission, presents the findings of his Commission's Report surrounding allegations of doping in sport, during a news conference, in Switzerland on Monday. SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

WADA's Richard Pound says Russian minister for sport Vitaly Mutko, left, and Russian president Vladimir Putin and his government must have known about the widespread doping and coverups. AFP/GETTY IMAGES

CANADA'S REACTION

Drug cheats robbed runner Stellingwerff of final place

It was a moment stolen from Hilary Stellingwerff. The Canadian missed qualifying for the women's 1,500-metre final at the 2012 London Olympics by just one spot — a final that, as it turns out, was full of drug cheats.

Since those Games, three of the finalists — including the gold medallist — have been disqualified for doping infractions. And Russia's fourth-place finisher Tatyana Tomashova had already served a doping suspension.

"I was so gutted in London to miss the final by just a hair, because I knew that there were girls in there that shouldn't be," Stellingwerff said. And while the World Anti-Doping Association's report Monday of doping and coverups is another black mark on the sport, Athletics Canada's head coach Peter Eriksson said it's good news for Canada. "Because we're not a country that cheats, we're a country that can stand up through all of this fog and say 'Look at us, we're a clean country, we're doing X, Y and Z,"' Eriksson said.

Canada won an unprecedented eight medals at the world championships in August, proof, say some, that a crackdown on doping is showing in results. THE CANADIAN PRESS

OHL

Fired Flint Firebirds' coaches reinstated after owner admits 'mistake'

The owner of the Flint Firebirds junior hockey team has apologized for firing his coaching staff over the weekend, saying he made an "irresponsible mistake."

Rolf Nilsen says in a statement that the team took immediate steps today to reinstate the coaches after every member of the team handed in his jersey and quit in protest on Sunday.

According to multiple reports, Nilsen fired head coach John Gruden and assistants Dave Karpa and Petr Jonak because his son — defenceman Hakon Nilsen — was not receiving enough playing time. Ontario Hockey League commissioner David Branch travelled to Flint today to meet with all parties. Nilsen says the team is fully co-operating with the league.

The Firebirds moved to Flint this season after an 18-year run in nearby Plymouth, Mich. THE CANADIAN PRESS

MLB

Donaldson voted top major leaguer by peers

Josh Donaldson GETTY IMAGES

Toronto Blue Jays third baseman Josh Donaldson was voted major league player of the year and AL outstanding player in the annual Players Choice Awards, and Washington slugger Bryce Harper was picked as the NL outstanding player.

Baltimore outfielder Adam Jones won the Marvin Miller man of the year award, given to a player who most inspires others through his efforts on and off the field. Jones hosted a clinic for inner city youth after unrest in Baltimore this year and assists the James Mosher Little League, the YMCA of Central Maryland, the Boys and Girls Club of Baltimore and Reviving Baseball in the Inner Cities.

41

Number of home runs hit by Josh Donaldson in the 2015 season.

Houston ace Dallas Keuchel was voted the AL's outstanding pitcher, and Los Angeles Dodgers right-hander Zack Greinke the NL's outstanding pitcher. Astros shortstop Carlos Correa and Chicago Cubs third baseman Kris Bryant were the top rookies, while Texas slugger Prince Fielder and New York Mets pitcher Matt Harvey were the top comeback players.

Balloting was conducted in mid-September by the Major League Baseball Players Association and winners were announced Monday. The awards began in 1992. THE ASSOCIATED PRESS

Argos can lift curse of Cats' lair

CFL SEMIFINALS PREVIEW

Ray back for T.O, Collaros out for rivals

The Toronto Argonauts will have to solve the Tim Hortons Field jinx to reach the East Division final.

Toronto visits the Hamilton Tiger-Cats on Sunday in the East semifinal, the winner facing the Ottawa Redblacks in the conference final at TD Place on Nov. 22.

Hamilton was just 5-4 at home this year. The Ticats opened with three consecutive wins at Tim Hortons Field to improve to 10-0 there before losing 26-23 to Montreal on Aug. 27. Since then, Hamilton has gone 2-4 at the facility but is 3-0 there all-time versus Toronto.

Overall, the Argos are 0-5 there and have been outscored 150-59. But the Argos do have some reasons for optimism.

Veteran Ricky Ray looked sharp in just his second start of the season and the three-time Grey Cup winner will be under centre Sunday.

Also, Toronto won't have to face quarterback Zach Collaros. Collaros led Hamilton to all of its home wins against his former team but is recovering from season-ending knee surgery. Hamilton is coming off two straight losses to Ottawa, including a 44-28 decision at TD Place on Saturday.

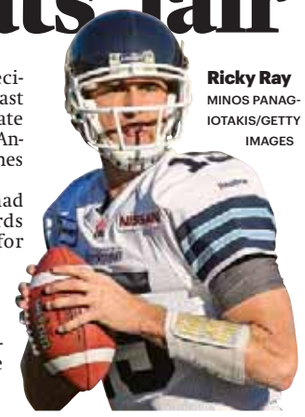
Meanwhile, Calgary begins its Grey Cup title defence hosting the B.C. Lions in the West Division semifinal.

The Stamps won both meetings, including a 28-7 decision at B.C. Place Stadium last weekend. Backup Drew Tate threw two TD passes while Anthony Parker had four catches for 122 yards and a TD.

Rookie Lemar Durant had three catches for 45 yards but two of those were for touchdowns.

B.C. also rested some of its starters, including quarterback Jonathon Jennings as veteran Travis Lulay drew his first start since Sept. 3.

THE CANADIAN PRESS



Ricky Ray MINOS PANAGIOTAKIS/GETTY IMAGES

MLS

Vieira to coach NYCFC

Former French star Patrick Vieira was hired Monday to coach New York City FC, one week after the Major League Soccer club fired Jason Kreis.

He takes over a club that went 10-17-7 for 37 points in its debut season. NYCFC finished eighth in the Eastern Conference. It was in a three-way tie for the second-fewest points.

Vieira signed a three-year contract and will begin work New Year's Day. THE ASSOCIATED PRESS

metro Service Directory To advertise contact Ian March at 416-443-4388

PSYCHIC

Shiva Durga Astro Spiritual Gallery
Master: DHANRAJ
Expert in Palm Reading, Face Reading
Horoscope & Date of Birth
Love Psychic (Indian)
Specialist in Bringing Back Loved ones
Mastero Genius in Get Rid of Black Hearts, Black Magic, Jadoo, Butu, Obeya, Witchcraft, Voodoo, All types of Evil Spirits Etc
100 % Guarantee
He is Specialized to sort out Generation Curses & any Problem within 48 hours
647-532-2158
20 Nugget Ave,#2 Scarborough M1S 3B1 (VIRK Plaza), Behind Nallurkanda Swamy Temple (MCOWAN & NUGGET)

World Spiritual Astrologer & Psychic
Pandit: SAI SHANKAR
Call for FREE CONSULTATION
He can Handle any Problem:
Depression, Family, Husband-Wife Love, Kids, Jealousy, , Health, Sexual, Money, Court, Enemy etc
REMOVES BLACK MAGIC, JADOO, VOODOO, OBEYA, JINN, EVIL SPIRITS & GIVES 100% PROTECTION
HOROSCOPE, PALM & FACE READING 100%
KNOW YOUR PAST, PRESENT, FUTURE.GUARANTEE
647-400-3459
2651 Islington Ave Etobicoke M9V 2X6
Next to Indian Bazar, Upstairs Bengali Sweets (ALBION & ISLINGTON)

Om Sri Sai Astrological Center
Pandit: SIDDHANANDA JI
Most Powerful Astrologer
Solves Problems like Health, Job, Love, Relationship, Depression, Business, Children, Family, Education, Money etc
HONEST ADVISE * MOST EFFECTIVE
PROVEN RESULTS * PERFECT GUIDENCE
Private & Confidential
Call for Appointment
Expert in Removing Black Magic, Jadoo, Vodoo, Witchcraft, Juju, Evil Spells & Gives 100% Full Lifelong Protection
647-825-7782, 647-926-3623
6 Brisdale Drive, Unit 207, Brampton, ON L7A 0S9 (BOVAIRD & BRISDALE)

World Spiritual Astrologer & Psychic
Master: HARI KRISHNA 9th GENERATION PSYCHIC
NOBODY CAN BREAK MY PROTECTION. ITS MY CHALLENGE
Tells Past, Present & Future.
He can Handle any Problem:
Health, Happiness, Love,Work
Family, Husband-Wife,Children
Jealousy, Money, Court, Sexual
Enemy, Lottery & Good Luck etc
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, VODOO, WITCHCRAFT, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
647-299-7352
416-276-6233
2519 Finch Ave W, North York M9M 2G1 (FINCH & MILVAN)
Major Intersection - FINCH & WESTON

Most Powerful Indian Swamiji
Master: BABAJI
HIS DIVYA DRISHTI (DIVINE CONCIOUSNESS) Solves Problems:
* DEPRESSION * LOVE * MARRIAGE * DIVORCE
* FAMILY * HEALTH * SICKNESS * CHILDREN
* FINANCIAL * BUSINESS * PEACE OF MIND ETC
Babaji is Specialist in Agora Rudra Rituals & Removing Katoragni Black Magic,Evil Spirits, Shaitaan, Witchcraft, Obeya & Omen. (Positive Results are Guaranteed.)
ITS CHALLENGE, NOBODY CAN BREAK MY PROTECTION.
Scarborough 437-999-1334 Middlefield & Finch Next to Samosa king
Mississauga 647-710-9905

EDUCATION

OPEN HOUSE
Gift card for all attendees
November 11th, 2015, 11am – 1pm
Be A Healthcare Professional In Months!
Healthcare Programs
- Personal Support Worker*
- Medical Office Assistant*
- Medical Office Assistant with Health Unit Coordinator Specialty*
- Community Service Worker*
- 40 Other Diploma Programs

* With Internship
647-691-0899
WWW.AOLTORONTO.COM
Academy of Learning Career & Business College (Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

Become an Esthetician In Months!
ANDERSON COLLEGE
OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.
Downtown: 647.691.0936
North York: 647.360.7198
ANDERSONCOLLEGE.COM
Anderson College of Health, Business and Technology is registered as a Private Career College under the Private Career Colleges Act, 2005 and is operated by Robetech Institute Inc. Not all programs are available at each location.

EMPLOYMENT

Atlas Polar Company has openings for an APPRENTICE HYDRAULIC MECHANIC
Qualifications requirement includes:
· 3 – 4 years' work experience in related industry
· Welding experience an asset
Responsibilities Includes:
· Fabricating, welding and assembly of hydraulic/electrical equipment
· Interpreting blueprints
· Troubleshooting mechanical, hydraulic and electrical
Email your resume to: mfg@atlaspolar.com

centre United
Career and Settlement Centre
> First year in Toronto?
> Looking for a job?
> Second career
ALL OUR SERVICES ARE 100% FREE!
By appointment
(416) 921-2255
1235 Bay St., suite 700
YOUnitedCentre.com

Complained to Ministry of Labour over problems at work?
Participate in a community-university research project.
Call 18557365331
www.closeESgap.ca

NOW HIRING
New company in Toronto hiring in four different departments.
Entry-level to upper management.
Must be able to start immediately
Call to set up interview
416 551 6406
Ask for hiring department.
Full company training provided.

Place your Recruitment Ad with Us!
To place your recruitment ad in Metro please contact
graham.goddard@starmetromedia.com
416.443.4376
metro

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

WANT YOUR
DEBT GONE?
WELKERANDCOMPANY.COM
WE'RE HERE TO HELP
✔ Erase your debt ✔ Stop collection calls ✔ Avoid bankruptcy
✔ Reduce your stress ✔ Stop garnishments ✔ Get a fresh start
FREE CONSULTATIONS
647-793-6411
MAIN OFFICE: 1969 WESTON ROAD, TORONTO
TORONTO | BRAMPTON | MISSISSAUGA | SCARBOROUGH | BARRIE
WELKER AND COMPANY
Federally Licensed: Proposal Administrator & Trustee in Bankruptcy

TOO MANY BILLS...
...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS
Head Office: Rexdale, others non-resident

DEBT RELIEF
Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
Evenings and weekends appointment also available
Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

LOWEST RATES for bad credit loans since 1984
Need a loan?
FAST Same day loans
Personal loans ▸ Up to $5000 (1 yr on job; $18/hr.min.req.)*
Car paid off? ▸ Up to $20,000 (car 6 years or newer)*
Open loans. Pay off early. Get refund.
416 634-2026 *Call for details and conditions
PrudentLoanApprovals.com
A division of Prudent Financial Services

CREDIT PROBLEMS?
REDUCE YOUR ALL YOUR DEBTS
EMPIREONE
www.empireonecredit.com
Consolidate All Your Debts
Into ONE Small Monthly Payment
& Pay NO Interest
416-900-2324
FREE ONE ON ONE CONSULTATION & FREE CREDIT CHECKS
TORONTO 250 CONSUMERS RD SUITE 810
NORTH YORK 1111 FINCH AV. W. SUITE 203
OSHAWA 67 KING ST. E. SUITE 2
MISSISSAUGA 165 DUNDAS ST. WEST

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
CALL ERIKA
(LICENSED DEBT EXPERT)
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

MONEY PROBLEMS?
Make One Small Monthly Payment For All Your Debts!

WE CAN
✔ Stop Collection Calls
✔ Reduce your Debts
✔ Stop Wage Garnishment
✔ Stop Interest Right Away
✔ Re-Establish your Credit
✔ Deal with your Tax Issues
Visit:
GtaCredit.Com
North York (416) 650-1100
Scarborough (416) 754-0011
Mississauga (905) 275-4200
Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100
Toronto Downtown (416) 489-2000
Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

EasternLoans.com
NEED MONEY TODAY ?
$500 Loans And Up
NO CREDIT REFUSED
APPLY NOW 1-855-522-3551

UP TO $1000 Loan
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT
(639-2733)
Brokers Lamina

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11991

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
Mortgage Genie
www.mortgagegenie.org
416-667-9834

PSYCHIC

IT'S MY CHALLENGE, NOBODY CAN BREAK MY WORK
MISSISSAUGA ASTROLOGER
MASTER YOGI
Removes Any kind of Black Magic in 24 HOURS
Solutions: Jadoo, Voodoo, Obeya & Gives solutions for Family, Depression, Kids, Money, Job etc
HE CAN CLEAR ANY PROBLEM
647-768-7633
105 A Dundas St. E, Mississauga (Hwy 10 & Dundas), Next to DOLLARAMA

HOME

Harry's PAINTING & DECORATING
1-Bedroom Apt. $420
2-Bedroom Apt. $500
3-Bedroom Apt. $580
Includes materials and paint. Straight ceilings and walls in living room, hall, bedroom, kitchen and bathroom.
Seniors 5%off
647-871-5200
CALL 416-783-7981

RECIPE Lemon Thyme Spatchcock Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Spatchcock is a butchering method that removes the backbone so the bird can be flattened; allowing for a more even roasting and, the best part, less cook time. A butcher can remove the bone or try one of the great online videos demonstrating this easy method.

Ready in
Prep time: 15 minutes
Cook time: 40 minutes
Serves 6

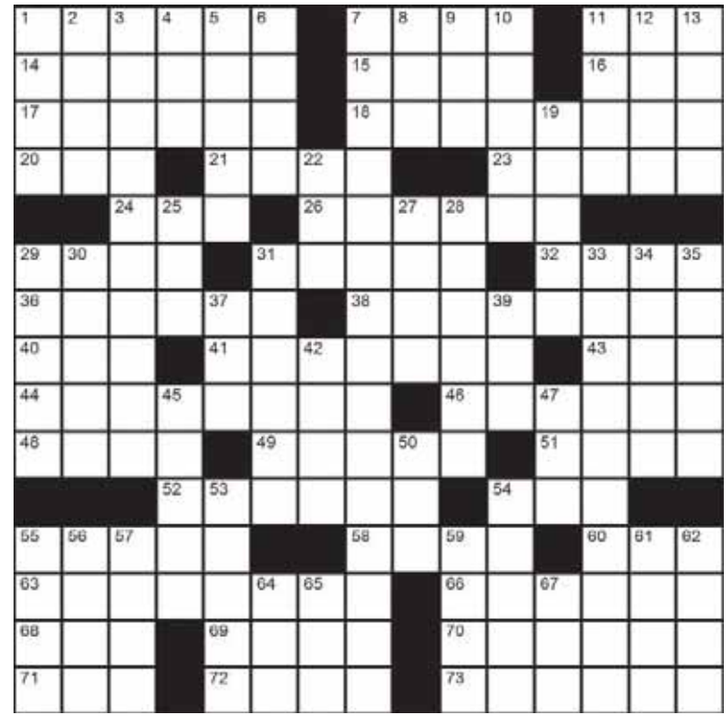
Ingredients
- 1 spatchcock Chicken
- 1/4 cup extra virgin olive oil
- Juice of one lemon
- 1 Tbsp dried thyme
- 1 tsp oregano
- Salt and pepper
- 1 lb new potatoes, halved
- 1 bulb of garlic, cloves peeled
- 1 Tbsp olive oil

Directions
1. Preheat oven to 425 F.
2. In a small bowl, whisk olive oil, lemon juice, thyme and oregano. Place chicken breast side up on a large roasting pan and brush herb mixture over the entire surface of the chicken. Season with 1 Tbsp salt and 1/2 tsp pepper.
3. Meanwhile, in a large bowl, toss potatoes, garlic cloves, oil and 1/2 tsp salt. Scatter the potatoes and garlic around the body of the chicken in a single layer.
4. Roast in the oven for 40 to 45 minutes, or until a thermometer inserted into the thickest portion of the breast reaches 165 F. Remove chicken from oven and let rest for 10 minutes. Carve and serve with potatoes and a salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hindu festival of lights
7. Sotheby's offers
11. Suitcase
14. Leisurely music tempo
15. CNN's "__ Burnett OutFront"
16. Mozart opera, L'__ del Cairo
17. Discover
18. Lighting for Austin Powers: 2 wds.
20. Mailing encl.
21. Mr. Malden
23. Celebrations
24. Real estate abbreviation
26. Atomic Number 56
29. Batman's butler's namesakes, shortened
31. __ mignon (Steakhouse order)
32. Drop
36. Winnipeg-born actress Ms. Durbin
38. Cape Breton Island: 'Gateway to the Highlands' area on the Cabot Trail
40. Feel yucky
41. In ancient Greek mythology, hunter who got turned into a hunted-by-hounds stag
43. Feminine pronoun
44. Magician's creation
46. Scottish recording artist Sheena
48. Carpentry tool
49. Comic actor Mr. Johnson's
51. River islets
52. Recently: 2 wds.
54. Corporate executives, e.g.
55. The Great Wall of __
58. Prefix meaning 'Wine'
60. Visited
63. Shaw media specialty channel that airs classic TV shows
66. "Let's Wait __" by Janet Jackson
68. Twi'__ (Humanoid species in the 'Star Wars' universe)
69. 'Persist' suffix
70. Like a leaf or marble
71. Chicago's Ii'l state
72. Hershey's chocolate/toffee bar
73. "C'mon Everybody" rocker Mr. Cochran's

DOWN
1. Fathers, to kids
2. Brain wave
3. Hamilton = City of __
4. "The __ of Adaline" (2015)
5. Phrasings in jazz improv
6. Shred
7. Free-standing telecommunications structure in Moncton: 3 wds.
8. "__ & Abby" (2006) starring Chris Messina
9. Segment [abbr.]
10. Confusion-causing mess
11. Ship
12. Highest point
13. Spaces
19. Clunky car
22. MLB statistic
25. Butterfly logo co.
27. __-Levesque (Boulevard in Montreal)
28. "__ __ without saying..."
29. Soaps actress Deborah
30. Priestess in Georges Bizet opera The Pearl Fishers
31. Spa treatment
33. Cree Nation in Quebec which is home to the province's largest freshwater lake
34. "The Kid __ __ Tonite" by Loverboy
35. And so, plurally
37. 'Street's Disciple' rapper
39. __ _ whim
42. Afghanistan's __ Bora
45. Once __ _ time
47. Tree's treat
50. Shoe width
53. Most liked things, fun-style
54. Pledged
55. Nero's 451
56. Scoundrel
57. Alphabetic quartet
59. Place for pews
61. Sailor's sheltered side
62. Ties the knot
64. Pen's blue stuff
65. Green
67. Concealed

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be tempted to kick up a fuss because someone has let you down. Is it worth the effort? Life is an ordeal only if you make it one.

Taurus April 21 - May 21
It is easy to point out the flaws in another person's belief system but does it make a difference? Probably not. Some people can be incredibly stubborn (look in the mirror!) so don't waste time or energy on them.

Gemini May 22 - June 21
You may be tempted to play things by ear today but the planets warn you are likely to regret it. You will do best if you have a specific aim and a workable plan that will get you from A to B by the shortest route.

Cancer June 22 - July 23
Do you tell a friend what they want to hear or what they need to hear? It's best to get bad news over with quickly. Don't worry too much about their feelings — they'll get over it.

Leo July 24 - Aug. 23
Try so hard to make a good impression and you could end up turning people against you. Don't pretend to be someone you are not because others will see through your act.

Virgo Aug. 24 - Sept. 23
You don't have to try too hard but you do have to make some sort of an effort. Where money is concerned you should check each and every detail twice, because errors could have costly consequences.

Libra Sept. 24 - Oct. 23
Your confidence may be high these days but don't take things for granted. It's a great time to make plans but remember to be flexible — even the best laid plans can change at the last moment.

Scorpio Oct. 24 - Nov. 22
Don't trust the person who tries to convince you that you owe them in some way. You feel good about life but that does not mean you have to give what you own away.

Sagittarius Nov. 23 - Dec. 21
There are things going on behind the scenes that you won't know about until later in the month. You are still moving in the right direction, so take life as it comes.

Capricorn Dec. 22 - Jan. 20
The more people say you should trust them the more you should be on guard. It is unlikely they are deliberately trying to mislead you but they themselves may have been misled.

Aquarius Jan. 21 - Feb. 19
Lady Luck will come knocking and you should grab what she has to offer with both hands. You may be tempted to wait for a better deal but what if it doesn't come?

Pisces Feb. 20 - March 20
The more time and energy you have put into something the more reluctant you will be to give up on it but the break needs to be made. Clear a space in your life and something better will come to fill it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

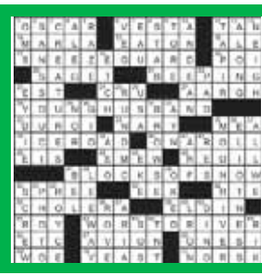
	9		7			1		
7	1				2			
					3			8
6				2		8	7	
			6		4			
	4	1		5				2
9			5					
			4				5	3
		5			1		9	

©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

for more fun and games go to metronews.ca/games



3	1	8	6	2	9	5	4	7
4	9	5	3	7	1	2	8	6
2	7	6	4	5	8	9	3	1
1	6	9	7	3	4	8	2	5
5	8	4	9	1	2	7	6	3
7	2	3	8	6	5	4	1	9
9	3	2	1	4	7	6	5	8
6	5	7	2	8	3	1	9	4
8	4	1	5	9	6	3	7	2

Want a $25 gift card for your opinion?
Join our Online Reader Panel by **texting 'metro'** to 647.559.5090 for a chance to WIN!
metro

Get up to $3,000 with our new Installment Loan.
Pay off big purchases piece by piece or turn many debts into one like financial wizardry. Now borrow up $3,000 and pay it back over time, for up to 24 months.
See what else is new at **moneymart.ca** We can help. Money Mart®
*Installment loans offered to residents of Manitoba, Ontario, Newfoundland and Labrador only. Loan principal amounts offered between $500 and $3000 based upon income and other qualification requirements, including a credit check. Payments are due on scheduled income deposits during the term. Loan term is based on the amount borrowed. The APR for the loans is 59.9%. Ask a Money Mart Customer Service Representative for details. MONEY MART® is a registered service mark of National Money Mart Company. © 2015 National Money Mart Company. All Rights Reserved.

The bundle that has it all.

+

+

Fibe TV – the best TV service with popular channels like TSN and Treehouse, as well as unique features like Restart.[1]

Fibe Internet – fast & reliable Internet with download speeds of up to 25 Mbps and unlimited usage.[2]

The most reliable Home phone[3] with features like Call Answer & Call Display, plus unlimited long distance to Canada & the U.S.[4]

Get all this for only $160.85/mo. Sign up now and enjoy this limited-time 12-month promo price:

$99.85/MO.[5]

Included in your bundle:

- ✓ Our exclusive Whole Home PVR[6]
- ✓ The best Wi-Fi technology for your home

Applies to full billing periods.[5] $49.95 one-time installation fee on a 2-year contract.[7]

Hurry up, this offer won't last forever.

1 877 763-1551 • Visit a Bell store • bell.ca/fibepromo

Bell bundling just got better

Get expert advice today.
Visit a Bell store near you:

AJAX
Durham Centre

AURORA
14799 Yonge St.
SmartCentres Aurora

BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall

BRAMPTON
100 Great Lakes Dr.
10086 Hurontario St.
Bramalea City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Centre

DUNDAS
101 Osler Dr.

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

HAMILTON
1289 Upper James St.
Centre Mall
Eastgate Square
Jackson Square
Lime Ridge Mall

MAPLE
Rutherford Market Place

MARKHAM
7357 Woodbine Ave.
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E.

MISSISSAUGA
980 Eglinton Ave. E.
Creekside Crossing
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
SmartCentres Westgate
Square One Shopping Centre

NEWMARKET
Upper Canada Mall

NORTH YORK
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Fairview Mall
Lawrence Square
North York Sheridan Mall
Yorkgate Mall

OAKVILLE
478 Dundas St.W.
Oakville Place

OSHAWA
Oshawa Centre
Oshawa Sobeys Plaza

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

SCARBOROUGH
259 Morningside Ave.
Eglinton Square
Malvern Town Centre
Scarborough Town Centre

THORNHILL
Promenade Mall

TORONTO
120 Adelaide St. W.
2256 Bloor St. W.
2171 Queen St. E.
2323 Yonge St.
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shops at Don Mills
The Stockyards Shopping Centre
Toronto Eaton Centre
Yorkdale Shopping Centre – Kiosk

VAUGHAN
Vaughan Mills

WHITBY
SmartCentres Whitby
Whitby Mall

WOODBRIDGE
4080 Highway 7

Also available at:

THE SOURCE I WANT THAT

Current as of October 22, 2015. Offer ends December 31, 2015. Available to new residential customers in select areas of Ontario where access and technology permit. The Bundle Program may be changed/terminated at any time. Bell is not obligated to provide the Bundle Discount for the duration of term; see bell.ca/bundledetails. Subject to change without notice; not combinable with other offers. Taxes extra and restrictions apply. For certain offers, customer must select e-bill and create MyBell profile. Early termination charges may apply. Internet Modem rental required; one-time modem rental fee waived for new customers. Actual speeds will vary depending on the distance between the customer's modem and switching equipment from Bell. Speeds on the Internet may vary with your configuration, Internet traffic, server or other factors; see bell.ca/internet. Home phone available where not CRTC-regulated. Service area charge ($4/mo.) may apply; see bell.ca/servicareacharge. **(1)** Available with select channels/content, excluding US networks and non-local content, and subject to viewing limitations. **(2)** $10/mo. based on $30 monthly fee, less a $20 monthly credit (included in advertised price, see note 5 for details). Available to Internet customers with continued subscription to an eligible Internet and TV bundle; see bell.ca/bundledetails. Subject to your compliance with the Bell Terms of Service; bell.ca/agreements. **(3)** Applies to traditional copper-based (excluding fibre-based) wireline telephony; compared to cable telephony and based on continued service during extended power outages at customer's home. **(4)** Available to customers who continuously subscribe to three select services. Applies to direct-dialed outbound calls to Canada and the U.S. (including Alaska and Hawaii, but excluding other U.S. territories), excluding toll-free calls. Calls to certain conference or adult services or to high-cost areas may be restricted, and subject to other use restrictions in Terms of Service; see bell.ca/legal. **(5)** Available to new customers who continuously subscribe to Bell TV, Internet and Home Phone and to current Home Phone customers who add Fibe TV and Internet. $99.85 promotional monthly price is based on a promotional credit applied to regular price as follows: Bell TV Good package: $45.95/mo., plus $3 Digital Service Fee, less $22/mo. credit for 12 full billing periods, less $7/mo. bundle discount; and Fibe 25: $65.95/mo., plus $10/mo. for unlimited Internet usage, less $39/mo. credit for 12 full billing periods; and Home phone Choice with unlimited Long distance calling to Canada and US: $51.95/mo., less $9/mo. ongoing discount. All prices are subject to change. Promotional price will apply to your first full 30-day billing period and for each full billing period after that, for the duration of your promotion. Your billing period may not start on the day you subscribe to our services. Regular price will apply for services delivered prior to your first full 30-day billing period or if Bell terminates your services during a 30-day billing period. **(6)** $0 rental based on $15 monthly rental fee, less a $15 monthly credit. Available to new Bell TV subscribers with continued subscription to three eligible Bell services; see bell.ca/bundle. The receiver remains Bell's property. You may terminate your rental at any time provided you return the receiver (early termination fees on programming may apply). Receivers may be new or refurbished at Bell's choice. **(7)** Fibe TV installation charges are $199.95 with no contract term. Includes installation of modem, Whole Home PVR and up to 2 additional HD receivers; see bell.ca/fibetvinstall for details. $50 installation fee for each additional receiver. Internet: Conditions apply; see bell.ca/fullinstall. Home phone installation includes one jack at the service entry point where none present; installation fee is $75 for the 1st additional jack, $50 for every subsequent jack. Fibe is a trademark of Bell Canada.